

The Switch

Choosing where we want our attention to be

The **Switch** is a practice to help bring awareness to our experience of thinking.

The practice is based on Acceptance and Commitment Therapy (ACT) processes.

Just like a light switch, we can switch the 'lights on' to where our attention is and choose where we want it to be. The practice is particularly helpful when our thoughts are creating distress and/or are distracting us away from our physical surroundings.

The **Switch** involves three questions:

1. **Is it helpful, right now?**
2. **Is it urgent, right now?**
3. **Is it allowing me to be the person I want to be, right now?**

Question 1: Is it helpful, right now?

How is this thought making me feel right now? Is it making me feel better or worse about myself?

Is it serving me (and others) or is it depleting me?

Question 2: Is it urgent, right now?

Can engaging with this thought (e.g. worry) wait 5 seconds, 5 minutes or even 5 hours, if it means that my attention can be somewhere more important in this moment?

Question 3: Is it allowing me to be the person I want to be, right now?

What is this thought taking me away from in this moment?

Is reacting to this thought allowing me to be the person / friend / parent / professional / partner, I want to be in this moment?

** With this third question, we tap into our values - our personal WHY. It is the foundation question that underpins the first two questions. It allows us to choose the most important place for our attention to be, in that very moment.*