Creating Your Top 10 Playlist

This homework assignment is not meant to be done in one sitting. The moment you start looking for these annoying thoughts most of them will go running for cover!

Although each of us has a Top 10 Playlist - we are usually only playing one or two stories at a time. Depending how often a particular story gets thrown into the rotation will determine how high up it is on the list.

So think of this as an ongoing tool - one that we'll build slowly over time and keep coming back to.

As your list expands (and it may go beyond 10!) you'll start to see a pattern. You should be able to categorize every story into one of the five mantras. This will give you further evidence for taking these teachings from an intellectual understanding down to a place of knowing. This is how we kick these habits!

But we also need to have one to get you started, like anything unless you do something right away we just don't do it at all.

❖ Try to remember something that bothered you in the last 24 hours. Not just a passing "annoyance" but something that was recurring.
❖ Like my "they shouldn't be playing music while I'm meditating" story - make sure it's something specific. So you can see it clearly.
❖ Write it down on the list. "This is the….. they shouldn't be doing x story."
❖ When the story arises use your mindfulness practice:
    1. Label the thought/story.
    2. Label how you're feeling.
    3. Is it useful?
    4. Breathe.
❖ After a few occurrences you may not even have to go through all the steps, you'll see it and **know** right away where it's taking you and with that clear seeing the story will fall apart on its own.

My Top 10 Playlist:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.