The 'Freedom Mantra'

Whatever your mood or state of being - and particularly if you feel yourself in any state of emotional or bodily dis-ease, distress, discomfort or even despair - do *not s*ay to yourself:

"I feel X, Y or Z**"** or **"I am** X, Y or Z**"**

(Example **"I feel…"** or **"I am…** depressed/anxious, angry/agitated" etc.)

For in reality you *are not* what you are experiencing, you *are not* your thoughts or feelings about yourself or other people, or your reality.

So eliminate the mental word "**I**" from your experience by using what I call the 'freedom mantra' of **Awareness-Based Cognitive Therapy.**

 "THERE IS AN AWARENESS OF …X, Y or Z**"**

In other words say to yourself - or *simple wordlessly remind yourself and understand that it is not* 'you' thinking, feeling or sensing anything – call it 'X' – but instead that:

 "**There is an awareness of** currently experiencing, thinking/feeling/sensing X."

At the same time feel that very **awareness** – which is not 'you' or anything you are experiencing – as a *free space surrounding your experienced thoughts, feelings or sensations* – wherever you sense them within your head or body - and *surrounding your body as a whole*.

Removing the mental word '**I**' and replacing it with the understanding that there is simply **an awareness** of experiencing something is central to ABCT. It is what allows any experienced thoughts, feelings, sensations to just *be there* without identifying ('**I-dentifying**') with them.

This is *not* the same as 'repressing' or 'detaching' from your thoughts, feeling or sensations. On the contrary, it is what allows you to freely *let them be there* or to freely *let them go*. Indeed freely letting thoughts, feelings or sensations just *be there* is what allows you to freely *let them go*.

It even allows you to *freely* take time to experience particular thoughts, feelings, sensations or moods *more intensely* and to explore them *more deeply* and for a *longer time* - but again, without '**I-**dentifying' with them and therefore feeling un-freely trapped by them.