

BrainDump

on Living in Story

The goal of writing it all down is to get it out of your head and onto paper. You want the paper to hold your anxieties, pressure points, reminders, tasks – as much as paper can hold – so that your mind lets go of them. If your mind can stop holding information, it will be free to do what it does better: pay attention and think.

In your brain dump notebook, write your thoughts in response to these prompts:

- ♡ Think through yesterday and today. How many different emotions did you experience? What triggered each one? Make a list.
- ♡ Which emotions did you indulge, did you intentionally cultivate, did you give air-time to in your thoughts? What details replayed in your mind as you did so?
- ♡ Were the stories you replayed in your mind stories where you are a victim, a villain, a protagonist, or a side-kick? Try retelling an incident or two in all four roles to get a feel for them. Which seems like the most appropriate, true story? Why?
- ♡ In the constant ticker-tape commentary in your head, are there any oft-repeated phrases or recurring themes? Are they true? Are they good? Are they beautiful? Why or why not? What would make them more so?

Starting a brain dump list is the best strategy for combating the feelings of overwhelm and chaotic thoughts.