



Write a thought and a feeling on the leaf and put it on the thoughts and feelings "stream"

I am having the thought that...

I am having feelings of ...

Name not required

simple gifts
Simple Gifts™ Initiative brings evidence-based benefits of behavioral influence to people of all ages. The process of using leaves in the stream is a mindfulness or diffusion activity from research and practice on reducing stress and emotional suffering. To learn more about diffusion, read: Masuda A, Hayes SC, Sackett CE, Trohig MP. Cognitive defusion and self-relevant negative thoughts: Examining the impact of a ninety year old technique. Behaviour Research and Therapy 2004;42:477-485. Or, read a popular book, Get Out of Your Mind and Into Your Life by Steven C. Hayes. Spencer Smith, ISBN 13:978-157224425-2

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Observing