

COMPUTER SCREEN

This exercise (Harris, 2006) is particularly useful for people who are good at visualizing. You can also convert it into a written exercise, using sheets of paper and different colored pens:

- Fuse with your negative self-judgment for ten seconds.
- Now imagine a computer screen and imagine your thought written up there as plain black text.
- Now in your mind's eye, play around with the color. See it written in green, then blue, then yellow.
- Now in your imagination, play around with the font. See it written in italics, then in stylish graphics, then in one of those big playful fonts you see in children's books.
- Now put it back as plain black text, and this time play around with the format. Run the words together. Then space them out far apart. Then run them vertically down the screen.
- Now put it back as plain black text, and this time, in your mind's eye, animate the words like those cartoons on *Sesame Street*. Have the words jump up and down, or wriggle like a caterpillar, or spin in a circle.
- Now put it back as plain black text, and this time imagine a karaoke ball bouncing from word to word. (And if you like, at the same time, hear it sung to "Happy Birthday.")