

Many people believe that in order to calm down, they need to stop thinking. But the goal here is not to empty your mind, nor to make thoughts disappear.

Detached mindfulness means something different.

To be able to see a thought without entering it, without analyzing it, without chasing it, without trying to solve it at that invitations. They tell you, come think about it now.

Come analyze it.

Come find an answer.

And today you will try something different.

When a thought appears, just say. I see that the thought has appeared that Example

I see that the thought has appeared that something is wrong and stop there.

Don't continue the story.

Don't look for an answer.

Don't enter into a dialogue with the thought.

Just observe it and let it be without following it.