
Keep it REAL Model

When you are bothered by an intrusive or negative automatic thought, perhaps from the past, use the following model to:

'Keep it REAL'...

Recognise it, as an intrusive or negative automatic thought

Examine it, I know where it comes from, it comes from a sense of anxiety or fear, or from the past, I **expect** to have this thought

Acknowledge it, accept it, sit with it, don't engage with it, deny it or try to change it

Let it go, visualise it disappearing (on a cloud, on a paper boat down a stream, as a wave going past your feet on the beach, on a passing train carriage, or use Riverbanking, etc.)

