

# Mind Symmetry Technique

**Introduction: Polarised Thinking & Mental Health** Our mind, like nature, is constantly seeking balance & equilibrium, but we often struggle to sit and observe our thoughts, fearing the reactive, critical inner voice. This leads us to distract, suppress, and avoid, creating a rigid, polarised black-and-white outlook that can exacerbate the inner critic.

Mind Symmetry Technique offers a gentle, compassionate approach to observing our negative polarised thoughts from a reflective, less judgemental angle, allowing our kinder, more understanding inner voice to guide us towards alternative perspectives. This powerful process helps us interrupt the cycle of anxiety, distraction and exhaustion, enabling us access to greater clarity, resilience & balance.

## Balancing Polarised Thinking

<b>Reactive</b>		<b>Reflective</b>
Assumes		Curious
Judgemental		Considers alternatives
Dislikes uncertainty		Sees opportunity
Catastrophises		Seeks clarification
Aggressive		Assertive
Controlling		Self-assured

### How does Mind Symmetry Technique address thought polarisation?

- Explores reactive thoughts, emotional triggers, and underlying factors that drive rigid, black-and-white perspectives
- Identifies these thought patterns and actively incorporates alternative balanced, nuanced decisions
- Develops reflective thinking skills to navigate complexity, judgments & assumptions
- Promotes, greater clarity, resilient, solution-oriented approaches

### Mind Symmetry Technique Guide:

<b>Reactive</b> - Observation & Exploration	<b>Reflective</b> - Curiosity & Clarification
<b>Observe:</b> any thoughts, feelings & body sensations. It may help to use separate lines for varying thoughts	<b>Ask questions:</b> Can you tell me a little more? How did you feel when this happened? What would you have liked in that situation?
<b>Identify reactive body sensations:</b> tension, rigidity, restlessness, or anxiety, note as many describing words as possible	<b>Identify patterns:</b> Can you identify other times you've felt this way? What have been the predominant thoughts, and feelings?
<b>Explore opinions:</b> assumptions, rigid viewpoints, repeating thoughts	<b>Seek clarification:</b> Gently exploring possible mind stories vs verifiable information
<b>Recognise polarised language:</b> never, always, nothing, everything, right, wrong	<b>Explore alternatives:</b> Reframing internal language/dialogue
<b>Discern reactive dominance:</b> controlling, aggressive, demanding internal dialogue	<b>Build assertiveness:</b> Maintaining clear boundaries, realistic expectations, and recognising what's within my control

