

# Leaves on a Stream Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This exercise helps you observe intrusive or repetitive thoughts without judgment, allowing them to pass by naturally. Using the metaphor of leaves floating on water encourages detachment, acceptance, and cognitive integration.

## Step 1: Prepare Your Mind

Find a quiet, safe space where you can sit comfortably. Take a few slow, grounding breaths, noticing your connection to the earth.

Reflection:

How present and calm do you feel right now? (0 to 10) \_\_\_\_\_

## Step 2: Visualize the Stream

Close your eyes and imagine a gentle stream or river. If you can actually go outdoors and sit by a slowly-moving stream, it will enhance your practice. Otherwise, you can just picture it in your mind. See the water flowing steadily, carrying away leaves.

## Prompt Questions

What does the stream look like (color, speed, surroundings)?

---

---

---

---

---

How does imagining flowing water feel in your body?

---

---

---

---

---

### Step 3: Place Thoughts on Leaves

- Identify intrusive, stressful, or repetitive thoughts.
- Imagine writing each thought on a leaf and placing it gently on the stream.
- Watch as the stream carries the leaf downstream.

If you are actually outdoors by a stream, you may find a few leaves to place on the stream. For each leaf you place on the water, say out loud the name of the emotion it represents.

### Reflection

How does observing your thoughts as leaves floating downstream affect your attachment to them?

---

---

---

---

What changes when you “let go” instead of holding on?

---

---

---

---

### Step 4: Mindful Observation

Continue placing thoughts on leaves for a few minutes. Observe the flow of the stream, the movement of leaves, and any changes in emotional intensity.

### Prompt Questions

Which thoughts floated away easily?

---

---

---

---

---

---

