

Passengers on a Bus

This exercise was created by Dr. Joe Oliver to show how we can notice, acknowledge and let go of negative thoughts and self-critical ideas that cause distress and limit our potential. Please click on the link to watch the YouTube animation and answer the questions shown below: <https://m.youtube.com/watch?v=Z29ptSuoWRc>



1. What are the key learning points from The Passengers on the Bus analogy?

2. What critical voices (Critical Passengers) are you carrying?

1. What steps can you take to tolerate, acknowledge or let go of your critical passengers?