

## Exercise 20 - The Characterisation Game

This involves using different voices, accents or pronunciations to break the rules of language and alter the impact of thoughts.

Try the following characterisations with an unwanted or distressing thought. Start by writing the thought down in the first row and then repeat the exercise with each of the different characterisations:

My Thought	Meaning	Feeling	Physical Sensations
Micky Mouse - Now again with your hands on your head like big mouse ears			
Boris Johnson – Now again with more pomp and bluster			
Hip-Hop style or rapping – Now again with a serious gangster rap face.			
Strong Scottish accent – Now again whilst performing a quick Scottish jig			
Operatic soprano style – Now again in a deep baritone whilst puffing out the chest			