



Welcome to Your Self-Observation Thought Exercise

Hello, and welcome to this guided self-observation thought exercise. I'm Massimo Rigotti, creator of SOBER Method, here to walk you through a process that will help you become more aware of your thoughts and reactions, a crucial step in your journey to sobriety. This exercise will enable you to observe your thoughts without judgment, understand their origins, and develop healthier responses.

Step 1: Find a Comfortable Space

First, find a quiet and comfortable place where you won't be disturbed. Sit in a relaxed position with your back straight and your hands resting gently in your lap. Close your eyes if you feel comfortable doing so.

Step 2: Focus on Your Breath

Take a few deep breaths in and out. Inhale deeply through your nose, hold for a moment, and then exhale slowly through your mouth. Let your breath settle into a natural rhythm. This helps anchor you in the present moment.

Step 3: Observe Your Thoughts

Now, turn your attention to your thoughts. Imagine you are sitting by a river, watching leaves float by. Each leaf represents a thought. Notice these thoughts as they come and go, without trying to hold onto them or push them away.

- **Labeling Thoughts:** As a thought appears, gently label it. For example, you might say to yourself, "There is a thought about work," or "Here is a feeling of anxiety." This labeling helps create a sense of distance between you and your thoughts.

Step 4: Stay Non-Judgmental

It's important to observe your thoughts without judgment. There are no right or wrong thoughts—there are just thoughts. Whether they are positive, negative, or neutral, simply acknowledge their presence.

Step 5: Reflect on the Source

After labeling and observing your thoughts, take a moment to reflect on their source. Ask yourself:

- Where might this thought be coming from?



- Is it related to a recent event, a past experience, or a future worry?
- How does this thought make me feel physically and emotionally?

Understanding the origin of your thoughts can provide insight into patterns and triggers that affect your mental state.

Step 6: Return to the Present Moment

Whenever you find yourself getting caught up in a thought, gently bring your focus back to your breath. Use your breath as an anchor to return to the present moment. This practice helps build resilience and reduces the tendency to ruminate on negative thoughts.

Step 7: End the Exercise

When you're ready to conclude the exercise, take a few more deep breaths. Gently open your eyes and take a moment to notice how you feel. You might feel more calm, clear, or aware. That's the goal.

Conclusion: Embrace Self-Observation

Regularly practicing this self-observation thought exercise can significantly enhance your self-awareness and emotional regulation. By observing your thoughts non-judgmentally, you can better understand their impact on your feelings and behaviors, paving the way for healthier coping mechanisms in your sobriety journey.

This self-observation exercise is a foundational practice within the *SOBER Method*, specifically aligning with the *Observation* step. By regularly engaging in this practice, you're building the skills necessary for the other steps: *Stoic* introspection, *Behavior* modification, *Execution* of your sobriety plan, and *Restoration* through forgiveness and amends.

Thank you for joining me in this exercise. Remember, self-observation is a powerful tool in your recovery. Continue to practice, be kind to yourself, and embrace each step towards a healthier, more mindful life. You have the strength within you to achieve lasting sobriety and well-being.

Next Steps

If you're finding this exercise helpful and would like personalized guidance on your sobriety journey, consider reaching out to Massimo Rigotti, a Confidential Recovery Specialist. Visit massimorigotti.com to learn more about his services and how he can support you in achieving lasting sobriety and personal growth.