

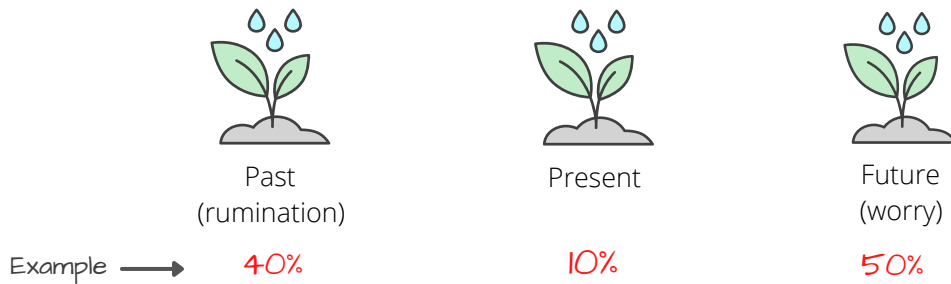
# The watering can



- 1** The watering can represents our attention. We only have 100% and 3 plants need a share of it

**2**

What % does each plant typically receive? Start with past and future, then remainder goes to the present



**3**

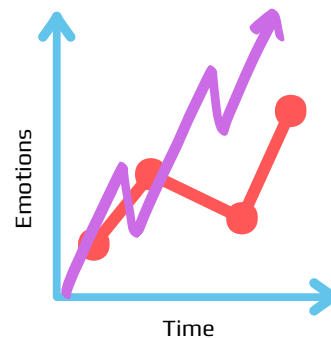
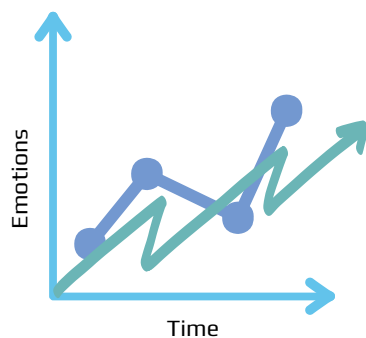
Reflect on how little time is spent purely in the present moment when we worry and ruminate excessively

**4**

Get the person to actively ruminate for a couple of minutes with eyes closed, then rate emotions they felt. Repeat with worry.

Rumination (focus on past)

Worry (focus on future)



**Emotions**

● Anxious

● Sad

● Guilt

● Anger

**5**

Finish the exercise with a mindful meditation to contrast the emotional distress when worrying and ruminating to being in the present moment