

## A Psychological Exercise to Help Get Troubles 'OFF' People's Minds

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Through lots of different mental health problems I've had, but searched for lots of tremendous answers to, to all be seen on the 'Emotion' Section of website index [www.poetryemotion.org.uk](http://www.poetryemotion.org.uk) here about to be revealed is one of the most amazing ones. One in which via careful verbal communication, and no pen or paper needed, people can help/assist one another in very easily getting events 'OFF' their Mind for good'.

As said in the title here are a few instructions on how to help people get troublesome thoughts/events 'OFF' their Mind:

Exercise:

1. Ask your friend to think of and speak out any event they'd like to get 'OFF' their Mind.
2. In reply to what they say just say 'Yes' or 'OK' and your friend will have that event 'OFF' their Mind for good.

Alternatively if it's you yourself who'd like help in getting something completely 'OFF' your Mind I'd recommend you getting one of your close friends to go through this exercise with you.

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