

Worksheet 3.2

Passengers on the bus

Imagine you are driving a bus to a destination of your choice; somewhere important to you. On the journey with you are several passengers. These passengers have their own ideas about where the bus is going. When they are not happy about the direction, they shout up and try to persuade you to do things their way. These passengers represent your thoughts, memories, emotions and physical sensations.

There are a few possible responses to these passengers:

The Struggle

You (the driver) may respond to the passengers and try to get them to be quiet by arguing with them or shouting over them. All your energy is spent in arguing with the passengers rather than focussing on the direction of travel (towards your values).

Think about your secondary suffering – who are your passengers?

Giving In

You may try to make peace with the passengers and do what they say – giving in or avoiding doing things because it's too hard. It may feel safer to go along with the passengers in the short term, but longer term there is no movement towards your valued direction.

Which of your passengers do you give in to? What is the long term consequence of that?

Willingness

You acknowledge what the passengers are saying, but keep hold of the steering wheel and continue driving towards your values. The passengers are still shouting, but you choose to carry on.

What happens to the passengers when you acknowledge them and then continue to focus on and head in your valued direction?

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Complete the diagram below with the details of your own bus. What value are you trying to head towards? Fill this in as the destination of the bus. What passengers get in your way? Write down the kinds of things they say to you in the speech bubble.

