

Passengers on the Bus Metaphor

Imagine you are driving a bus. The bus is your mind, and the passengers are your thoughts. Some passengers on your journey sit quietly and keep to themselves, but others make critical and distracting comments or shout directions, making it difficult to navigate this journey.

There are a few ways to respond to these passengers:

The Struggle

You can argue with the passengers or shout over them to try to get them to be quiet. When you argue with the other passengers, you don't have time to pay attention to where you're going (towards your values).

Think about your past experiences – who are your passengers?

Giving In

You can try to get along with the passengers and do what they say. This approach will prevent you from new experiences because they seem hard. This allows you to feel safe, but you will sacrifice where you want to go.

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

Willingness

You acknowledge the passengers, but keep going in the direction of your values. The passengers will continue to give decent, but you can choose a new course - new experiences.

What will be the outcome of acknowledging the passengers and then continuing with new focus?

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Complete the diagram below with the details of your own bus. What value, focus, or new destination are you trying to reach? What passengers (thoughts or past experiences) get in your way? Write down the kinds of things they say.

