WORKSHEET 31 · FOR THE PSYCHOLOGIST

The sky and the weather

Discovering you are bigger than your thoughts and emotions (observing self)

AIM

Help the person get in touch with the part of themselves that observes their experiences without being reduced to them: just as the sky holds every kind of weather without being harmed by it.

WHO IT IS FOR

People who identify strongly with their emotions (“I’m an anxious person”, “I’m hopeless”), rumination, shame.

DURATION

10 min in session; a few minutes a day

HOW TO RUN IT

1. Introduce the image: thoughts and emotions are like the weather (storms, clouds, sunny spells); a part of you is like the sky, which holds every kind of weather.
2. Guide a short exercise: notice a thought, then notice “who” is noticing it. An emotion, and “who” is noticing it.
3. Emphasise that the observing part was already there in childhood and stays stable even when the weather changes.
4. Offer a supporting sentence: “I am the sky; this is the weather right now.”
5. Ask them to fill in page 2 for a few days.

POINTS TO WATCH

> The exercise can seem abstract: keep it concrete and brief. If there are dissociative experiences, prioritise sensory grounding (worksheet 04) over work on the “self”.

REFERENCES

Harris, R. (2019). ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (2nd ed.). New Harbinger.

Hayes, S. C., Strosahl, K. D. & Wilson, K. G. (2012). Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). Guilford.

PSYCHOLOGIST’S NOTES

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WORKSHEET 31 · WORKSHEET TO HAND OUT

The sky and the weather

Your thoughts and emotions change like the weather: storms, clouds, sunny spells. But a part of you is like the sky: it holds every kind of weather, and no storm can harm it.

1. Notice the “weather” right now: what thoughts, what emotions?
2. Now notice that you are noticing them. Who is observing?
3. Say to yourself: “I am the sky; this is the weather right now.”
4. Note the day’s weather and what changes when you look at it from the sky.

Day	The weather (thoughts, emotions)	Intensity /10	What changes when I observe it

What doesn’t change in me, even when the weather changes?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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