

# *#ticechallenge*

## *Day 4: Cleanse*

WHETHER WE LIKE TO ADMIT IT OR NOT, WE ALL CARRY AROUND BAGGAGE AS WELL AS NEGATIVE THOUGHTS AND EMOTIONS.

JOT DOWN 5-10 NEGATIVE WORDS OR VERY SHORT PHRASES THAT EMBODY WHAT YOU BELIEVE TO BE YOUR WEAKNESSES. THE FIRST FEW THAT CAME TO MY MIND WERE: LAZY, INSECURE, OVERWEIGHT, DEPENDENT, AND ANXIOUS.

NEXT, WRITE EACH ONE OF THESE WORDS ON A SINGLE BALLOON (TIP: IT'S EASIER TO DO THIS BEFORE YOU INFLATE THEM.)

AFTER THAT, INFLATE ALL 5-10 BALLOONS. TAKE 5-10 MINUTES AND WATCH THEM FLOAT AROUND IN YOUR SPACE (JUST LIKE HOW THEY FLOAT AROUND IN YOUR HEAD.)

THINK ABOUT WHY YOU FEEL THIS WAY. THINK ABOUT HOW YOU CAN ABOLISH THOSE FEELINGS AND INSECURITIES...AND THEN, ONE BY ONE, POP THEM (WITH OR WITHOUT THE SAFETY PIN.)



### 1.) MATERIALS & TIME COMMITMENT

Piece of paper. Pack of 10 balloons.  
Soft-tipped Sharpie/Marker.  
Optional: Safety Pin.  
15-30 Minutes.

### 2.) FOLLOW-UP QUESTIONS

-How did it feel to pop each balloon?

-How do you think it might feel if you actively started to STOP carrying around those negative thoughts about yourself?



### 3.) TICE ADVICE

Once you put labels on the baggage you're carrying around, it's easier to stop negative thoughts and behaviors.

**"YOUR INTELLECT MAY BE CONFUSED, BUT YOUR EMOTIONS WILL NEVER LIE TO YOU."**

- Roger Ebert

