**Logs on a River/Leaves on a Stream**

(

**(Adapted from material by Marsha Linehan)**

One exercise by Marsha Linehan that can help clients with detaching from overwhelming or negative feelings and/or from hypersexual/deviant sexual thoughts is the “logs on a river” or "leaves on a stream " exercise. Here are simple instructions:

Imagine you are sitting on the bank of the river/stream. The water is flowing by you.   
  
Notice if there is any sound from the running water. Notice if there are any logs/sticks flowing by in the river or are there any trees, etc. on the banks of the stream.   
  
Now see the logs/sticks or leaves floating down the stream in front of you. They can be any shape, color, or size. As the negative thoughts or hypersexual/deviant sexual thoughts come into your mind, be aware of what the thought is, and then place it on a log/stick or leaf.   
  
Now watch the thought float away down the stream. Do this with each thought as you notice it and for as long you like until you feel better.   
  
As you acknowledge each of your thoughts, fantasies and/or urges, you do not need to hang onto them. There is no need to become attached to the thought. Just acknowledge it and then place it on a log/stick or leaf and let it float away.  
  
By watching it float away, the thought, fantasy, and/or urge loses its hold on you and its intensity lessens.