

## College Life... I can't sleep!

***Situation:***

I live in a college dorm and last night about 12:30 as I was nodding off I heard these loud voices outside. I had just finished studying for a major quiz for my 8:00 a.m. class and the last thing I needed was to listen to all the yelling and laughing that was going on.

***Symptoms:***

Besides being tense, and tossing and turning, my mind was racing. "I need to get to sleep. Now! If I don't I'm going to be a wreck in the morning, I'll never get through the quiz. My last exam wasn't that great and I've just spent the last three hours really studying the material so I could push up my grade in the class. What a waste of time. I know if I don't get my rest I won't do well. I wish they'd shut up or go home, at least go inside and finish up their party. I should go out there and scream at them. Maybe I could just ask them to quiet down. They sound like they're drunk, so I don't think they'd listen to me, but it's worth a try."

Just as I was ready to open the door the voices disappeared and it got quiet. Even though it was quiet outside I knew I had to calm down inside if I was going to get any sleep.

***Solution:***

I had to get rid of some of those toxic thoughts I was having. So I started looking at things rationally: The fact that I won't get as much sleep as originally planned does not mean that I will fail the quiz. My secure thought was that I did study hard and I had a good understanding of the information – a lot more understanding than I did for the last exam. When I got back into bed and closed my eyes I concentrated on the words, peace of body, peace of mind silently reciting them slowly over and over again.

***In the past:***

Because I didn't have a clue that I could change my thoughts, no matter how peaceful it would have gotten outside, my mind chatter would have kept me up for at least another hour. I would have been crabby the next morning and convinced that it was going to be someone else's fault if I failed the exam.