

1. Create Psychological Space: *You can create psychological space between your lingering negative memory and yourself. One way to do this is to describe the bitter memory from a third person's perspective—that is, without using “I.” This will allow you to create some distance between yourself and the open memory, offering you an opportunity to revise your feelings and the meaning of the memory rather than rehashing it.*

Practice: Imagine you are journalist, photographer, or documentary filmmaker, and in the following space, describe your open memory or grudge from a third-person vantage point. Try to keep the third-person expression less personalized and more neutral.

2. Reconsolidation: *When you are immersed in the negative memory, you are unlikely to pay attention to all aspects of the situation because your thinking becomes narrow. Do the following practice when you are in a calm state and not overwhelmed by a current stressor.*

Practice: Take deep breaths. Recall all the finer and subtle aspects of your open and bitter memory. Try to reinterpret it in the following space, deliberately recalling any positive aspects that you might have missed. Keep negative aspects at bay—as much as you can—because the focus of the practice is to acknowledge and write about the positive aspects of the open memory that you might have missed initially. In doing so, think of your most important values in life, and infuse them in your revised memory (Folkman & Moskowitz, 2000; Van Dillen et al., 2007; Vázquez, 2015).

3. Mindful Self-focus: *This practice encourages you to develop a nonjudgmental and sustained mental state whenever an open memory pops up. With a receptive mind, shift your attention to internal and external events and experiences evoked by the negative memory. As the open and negative memory unfolds, try to observe it than react to it.*

Practice: Step back, and let your open and negative memory unfold in front of your eyes, as if you are watching a film. Be an observer, rather than being swept away by the emotions of memory. Your job is to let unpleasant memories pass by. Repeat this practice a couple of times, and note in the following spaces if your observations help you get used to the open memory and feel less upset.

4. Diversion: *We encourage you to sharpen your antenna to promptly recognize cues that activate the recall of your open and bitter memories, and, as soon as that recall begins, immediately try to draw your attention away and engage in a physical or cognitive task that interests you. The sooner you move your attention to a different task, the easier it may be to stop the recall of your open memory. The more often you are able to divert your attention, the better you will learn to recognize the external cues that activate bitter memories. You will then be able to catch them quickly and steer your attention to healthier and more adaptive behaviors.*

Practice: As soon as an open memory is triggered, try to draw your attention away and engage in a physical or cognitive task that interests you. In the following spaces, write down three experiential, engaging, hands-on, and complex activities that can divert your attention from negative memories.