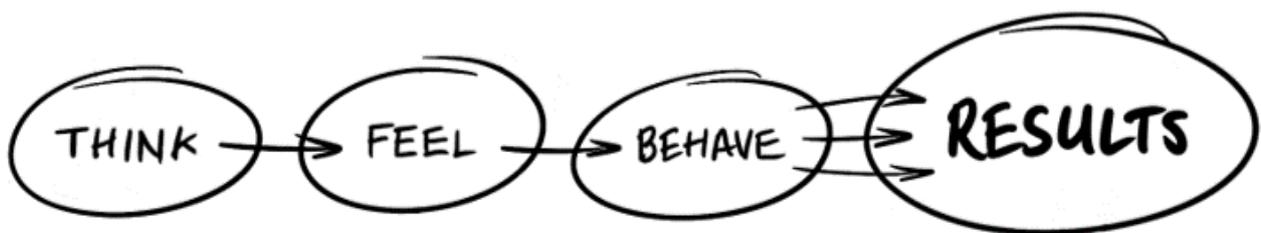


MY THINKING

Introduction and Model:

The THOUGHTS we hang out with determine the FEELINGS we have. The FEELINGS drive the BEHAVIOUR and the BEHAVIOUR gets the RESULTS. A situation or a person DOES NOT make you feel a certain way. The way you THINK about a situation makes you feel that way.



Once more it comes down to choice. Are you going to focus on thoughts that create better feelings, to create better behaviour or not? Remember you are not your thoughts. You are the observer of them. You can choose which thoughts to hang out with. There are some key 'thought levers' that are worth knowing about:

1. People & Places

Are the people you hang out with strengthening you or weakening your thought environment? What about the places – work, home, clubs – where you hang out? What influence are these places having on your thoughts and feelings? Are they positively supporting your thinking, feeling, behaviour and therefore your ultimate results?

2. Physical State

Do you get enough sleep? Eat well? Take regular exercise? What about drink and drugs? Caffeine and sugar? How much fresh air do you get? These things all affect your thoughts, your feelings and how you behave.

3. Language

Which words and phrases do you use habitually to describe school? Your family life? Your relationships? Your body and how you look? Do you exaggerate or catastrophise? Language has a huge influence on our thinking, driving the feeling, driving the behaviour and ultimately leading to our results.

Additional Information:

Events in a sense are 'neutral' – the way we think about them lead us to feel sad, joyful, stressed, frustrated – or a whole host of other emotions.

For example: a death or an illness for you may be incredibly sad, for another may be a 'relief', or a moment of realization. An illness could be felt as a positive 'life-changing moment' for one person instead of negatively awful.

We are NOT saying don't feel sad when events happen to you or the people you love, or the world. You may feel sad. This is completely naturally. Having feelings is part of what makes us human. The big BUT is knowing that our feelings are coming from our thinking and not from the outside event. Knowing that we are 'thinking' ourselves sad, angry, frustrated or any other emotion, enables us to both experience the feeling AND let it pass through. When we think the feeling is coming from outside of us we may try to block it or suppress it or 'allow' it to swamp us. Then we feel victim to the powers of an outside event.

So when you are next feeling angry, look to your thinking and understand why. Say to yourself "I can feel angry for as long as I like, as long as I know I am generating those feelings of anger myself."

When you are next feeling sad, allow yourself to feel those feelings. Know that you don't need to block them or suppress them or get swamped by them. When you are ready, you can choose to update your thinking, which will drive different feelings, behaviours and results.

A Final Thought....

What we are not talking about is trying to deny 'negative' thoughts and only focus on positive thoughts. We are saying it is totally human to have both. But we must remember four things...

1. Our experience of life comes from our thinking 100% of the time. If we are feeling happy we are thinking happy. If we are feeling angry we are thinking angry.
2. When we focus on a thought, we apply meaning to it – we make it important. We have a choice which thoughts to focus on.
3. We are not our thoughts – we are the person that can see the thought – we are the person that can choose to focus on a thought or let it go. It is this power that allows us to determine our experience of life.
4. It is human to feel feelings as events happen. It is unhealthy and unhelpful to carry those feelings with you into totally new events and see new events through the old lens.