

Good morning and happy Monday team!

I hope you all had a great weekend and have enjoyed this rain. Today, we will start a new motivational Monday series using Jennie Allen's book, *Get Out of Your Head Stopping the Spiral of Toxic Thoughts*.

Thinking About Thinking

Interesting thought: The brain is constantly changing whether we intend for it to. Do we let our healthy or unhealthy thoughts control us?

Here is the pattern for many of us:

- Emotions lead us have thoughts
- Those thoughts dictate our decisions
- Decisions determine behaviors
- Behaviors shape relationships

This will take us back to recognizing healthy or unhealthy thoughts.

How many of us are spending all our energy trying to shift our emotions – yet having no success?

If you feel sad and I tell you to quit feeling sad... has any progress been made?

What if, instead of spending our energy trying to fix the symptoms, we went to the root of the problem, deeper even than the emotions that seem to kick off our cycles? The reality is that our emotions are a by-product of something else. Our emotions are a by-product of the way we think.

What is good about this news is that **we can change our thinking**. Instead of trying to take every thought captive, let's just take one thought captive.

1. What if that one beautiful, powerful thought could shift this chaotic spiral of our lives for the better?
2. What if we could grab hold of one truth that would quiet the flurry of untruths that has left us feeling powerless over our brain?

Typically, the greatest battle is being fought between our ears.

Remember as we go through this series, not all our thoughts are true. I tell all my students that many negative, intrusive thoughts are a lot like purple elephants. **They are not real.**

This week - Let's focus on the positive and true thoughts. When you have a positive thought about yourself or something that you accomplished, write it down. Be mindful of the positive that you bring to the table.

"It takes one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts."

- Robert H. Schuller

Peace,
Maggie

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For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

