

Good morning and happy Monday team!

I hope you all had a great weekend. Last week, we dove into what our thought process might look like with negative thoughts. This week let's look at why we believe them.

Lies we believe:

I'm helpless, I'm worthless, I'm unlovable

These lies shape our thinking, emotions, and the way we respond to the world around us. They trap us in their cycle of distraction, distortion, and pain, preventing us from recognizing the truth we should believe.

When we begin to think about our thoughts for the first time, we can stop the downward spiral. We can reset and redirect them. That's our hope. Not that we would wrestle each fear, but that we acknowledge the negative thoughts and catch them with a net inside our heads. **We acknowledge that not all our thoughts are true, which means we do not believe all our thoughts.**

Exercises to stop believing unwanted, intrusive thoughts

1. Disobey on purpose

Stand up and walk around the room. Here is your sentence: "I cannot walk around this room." Keep walking! Slowly but clearly repeat that sentence as you walk at least five or six times. "I cannot walk around this room." Now you can sit down again.

It is such a tiny thing, isn't it? It's a tiny poke in the eye of the Dictator Within — which is what I call the domineering problem-solving part of our minds that is constantly suggesting "solutions" for our psychological pain — and a little tug on your superhero cape.

2. Appreciate your mind

As you listen to your thoughts and notice when your mind starts to chatter, answer it back with something like, "Thanks for that thought." Our control is being as kind to ourselves as we are to other people.

Thoughts are simply... just thoughts

- By using mindfulness, take a step back and observe what your mind is doing, and decide how you want to be involved in this process. Although your intrusive thoughts may be a part of your experience, it is remembering these intrusive thoughts do not get to declare or determine your identity, and you do not have to act on those thoughts.
- By changing our perception of these intrusive thoughts, we get to decide how we view and interpret them.

"Don't let mental blocks control you. Set yourself free. Confront your fear and turn mental blocks into building blocks."

- Dr. Roopleen

Peace,
Maggie

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Pronouns: she/her/hers

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

