

From: [Maggie Beshears](#)
To: [Faculty](#); [Staff](#); [Adjunct](#)
Subject: Where Thoughts Are Captured
Date: Monday, August 29, 2022 7:51:39 AM
Attachments: [image001.png](#)
[image002.png](#)

Good morning and happy Monday team!

I hope you all had a great first week of the fall semester and a relaxing weekend. We have been talking about the roots to our negative beliefs and the importance to reframe to positive thoughts. As I have mentioned, capturing our negative thoughts can seem like an impossible task. **Remember what I said about taking just one thought captive? What if one thought held the power to interrupt our spirals and bring peace to our mental chaos?**

So, what is the one thought that can successfully interrupt every negative thought pattern?

“I have a choice.”

- We are not subject to our behaviors, genes, or circumstances.
- We are not subject to our passions, lusts, or emotions.
- We are not subject to our thoughts.
- We have a choice because we are conquerors who possess weapons to destroy strongholds.

Every spiral can be interrupted.

- When we think new thoughts, we physically alter our brains.
- When we think new thoughts, we make healthier neural connections.
- When we think new thoughts, we blaze new trails.
- When we think new thoughts, everything changes for us.

What we think about, our brains become.

Thoughts may require daily capturing and redirection. But those negative thoughts can be captured. They can be contained.

- We can be set free from the steepest of spirals.
- We can learn to mind our minds.
- We can live as if we have a choice in this matter, because we do, in fact, have a choice.

Your challenge this week: Capture those negative thoughts. Remember – you have a choice to think something positive. Find the good in the moments around you.

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

- Robert H. Schuller

Peace,
Maggie

Maggie Beshears, LPC
Director of Counseling at UACCB

Office Phone: 870-612-2035

Pronouns: she/her/hers

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

