

## 106 G. Controlled thoughts.

Here we are going to look at how automatic thoughts can produce a vast array of uncontrolled thoughts, increasing anxiety & how it can be turned around to bring about controlled thoughts & thinking, void of un-needed, nonhelpful, irrational fears, with unknown origins.

Think about this situation & what your reaction might be. You're driving down the road, on your way to wherever? & a car pulls out of nowhere & cuts you off, causing you to lock up your brakes & nearly going off the road, to avoid missing them?

So what is your 1st thought, i.e. your automatic thought? Is it rational, or irrational? Is it actually true? Could the thought, or belief, in itself harm your rational thinking? Could you change it to something more positive? Maybe even something mature & helpful?

Could you say "so what" things happen & actually turn your auto thought into a positive productive feel good thought?

If you believe that you could not change your angry auto thoughts, if you wanted to, then there may truly not be much help for you, yet, as much of our lives is lived in our minds, thoughts & feelings, if you cannot gain some form of control over how you choose to think & act, then you have severely hindered your chances for true life change.

Now of course the above example seems different than the fear of being forced to walk out your front door & all the fears that plague agoraphobics, but the brain training processes, are the same, which pertain to changing & gaining control of the thoughts & feelings that unchecked may bring about the onset of a panic attack.

We will discuss where these auto thoughts come from; but for now, let's look at what Psychological (thoughts/ fears), emotional (thoughts/ feelings) & physiological (body changes/ feelings) do you think about & feel, when another intrudes on, or you must leave, your comfort zone?

I feel my mind racing, telling me something bad will happen, my heart pumping like a heart attacks coming, hot & sweaty & tunnel vision, like I'll pass out, so what are your feelings when leaving your comfort zone?

So do you believe that fearful thoughts & feelings are based on actual facts & truths?

Really think about this, as it is important to understand where thoughts, beliefs, lies & truth intersect in your thinking processes & to be able to admit that things, may not be quite as factual as your 1st thoughts would have you believe?

Think about how false perceptions have influenced your reactions, or actions & lied to you, to stop you from moving forward.

e.g. where you chose to be angry, did you really have to? when you chose to cuss out, or talk badly about another, did you truly have to? Did it do any real good & was it a controlled, or uncontrolled reaction?

When your body feels tense, shaky, sweaty, it doesn't feel good, but is it truly as bad, as your mind makes it seem? or do you just need to relax a little, as sometimes our bodies nutrition levels & sugars, chemicals, vitamins get a little out of balance & our bodies or brains may just be letting us know, to eat, drink, or rest a little, or just feel a little uncomfortable for a bit, which is not usually a big deal.

We need to become more conscious of our body & mind & the connection between our perceptions, reactions & truth, so as to understand how false perception, can cause negative behaviors & reactions to jump in, where conscious, controlled, positive, thoughts & actions should be guiding us.

e.g. there was a time when I allowed so much anxiety & anger to affect me when someone cut me off driving, or drove to slow, or to fast, or to close, or turned without a turn signal, sat at green light, or any number of things that we all have done & still sometimes do in error? But it was my road to police right, wrong; but another driver did something I didn't

like; so what, pay attention to yourself & control your thoughts, don't be controlled by them & always allow others the right to make mistakes, pray for them, rather than getting upset & this will really help with lowering your anxiety on the road, by just allowing everyone else, the same rights that you want.

Be sure to remember that thoughts are not always true, are not facts, can be subjective & can be biased by past history, or by what you have heard, read, seen, been taught, or told, which means do not allow your feelings, to influence your reactions.

We will be showing how making it a habit, to connect automatic thoughts, to actions, rather than reactions, will cause a very positive change in one's auto thought processes & behaviors.

Think of a moment where you felt a negative shift in mood & think about what triggered the distress. Be specific on what trigger, brought about the automatic thought? What emotion was felt, e.g. anger, fear, anxiety, misunderstood? As well as the physiological response shaky, sweaty, other body sensations & lastly What behavior, or reactions did you display e.g. anger, ignorance etc What did you do, was it a good action, or bad reaction, as most of us react, before we think about what is truly happening & how much importance should be given to it.

Was what caused the feeling, or reaction, even close to the worst possible things that could've happened to you?

What more realistic & positive thoughts could you have expressed if you chose to, as I didn't want to, is what will eliminate the chance for change, as you have to want it, but more importantly you have to be willing to do the work, whatever it takes, rather you want to or not.

Remember you can work on change without wanting to, without feeling like it, without understanding, or believing it will work, or any other excuses that you want to make, but by not doing it, nothing good will happen. So override your thoughts & tell them, we are doing this & we

are changing, positively, one step & one thought at a time, from here on out.