Self Talk

We can change who we are and how we feel by the thoughts we CHOOSE to listen to and the feelings or emotions we CHOOSE to focus and strengthen.

The thinking and feeling pathways in our brains get stronger the more we use them…. Our choices help to strengthen those neural pathways.

Our thoughts in themselves are just thoughts… both random and in repetitive patterns, they are not ultimately who we are. Sometimes we think they are because they are so persistent.

Our thoughts and our feelings are like clouds in the sky… they come and go… but they are not the sky itself, just as our thoughts and feelings are not who we are.

By redefining how we think about ourselves we can not only identify what is holding us back, we can also create strategies for moving forward.