



Mind Games: Win the Battle

A question to answer is; who controls our mind?

While we can't control everything that comes into our mind, we can learn to redirect and focus our thinking.

Here are some practical steps to do that:

- 1. Observe your thoughts;** we can pay attention to see and hear what's going on in our head.
- 2. Write down what you observe.** Write down the words, sentences or the main themes. Don't edit it if it's scary or negative. It's normal to have those thoughts, considering the world we live in.
- 3. Examine The thoughts.** Are they truthful? Are they false? Are they fearful projections of the future?
- 4. If not, identify what you should be thinking? Identify what is the truth.**
What would be healthy thoughts to think?
- 5. Write the truthful thoughts down and begin affirm them** and repeat them in your head.
- 6. It would also be good to identify experiences, images or pictures that bring peace and joy to your being.**
Continue to focus on those.
- 7. Practice:** Learning to master your thinking takes time. It takes practice just like learning a new language.
So don't get discouraged if your mind jumps back to fear or worry or anxiety.
With practice and proper adjustments we can have a mind that is filled with peace and contentment and hope and joy.

