



Strong from Within

with Ann Strong

RETHINKING THINKING

For a Whole New Life

6. Innocently Allowing Regurgitated Thinking to Run Our Lives

I feel anxious. Hmmm . . . I must be thinking I am supposed to be somehow or somewhere other than how or where I am.

Because it's insidious, we unknowingly and innocently allow regurgitated thought to run our lives. These regurgitated thoughts rob us of the experience of our innate happiness and peace. Familiar and repetitive, we often don't actually hear the words. They play in the background of our minds like a radio off in the distance.

When you notice yourself feeling anxious, overwhelmed, sad, frustrated or stressed, simply take a moment to acknowledge what you're feeling. Then take a couple of deep breaths. And know that the feeling will shift. The less you indulge the thoughts, the quicker thoughts and feelings shift.

If you notice yourself trying to get rid of the thoughts or feelings or judging yourself for them, simply recognize more regurgitated thought. Then return your awareness to being fully present to where you are and what you are doing. Or choose a new activity that tends to help you engage more fully in the moment – preferably in nature or with kids or animals!

Experience the joy of what you are doing or create a new activity that helps you experience joy. Either way, the regurgitated thought falls away as you experience your innate contentment and joy!

To greater and greater awareness. . .

Strong from Within

Loving, embodying and expressing you

Empowering women business owners to make their extraordinary contributions

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