



Strong from Within

with Ann Strong

RETHINKING THINKING

For a Whole New Life

16. Inside Out: Thinking Causes Feeling

“We’re living in the feeling of our thinking, not the feeling of the world.”

– Michael Neill

“The Inside Out Revolution”

We tend to think we feel insecure, anxious, afraid, sad or even happy because of what’s happening in our life. When we slow down and really look at our experience, we see that our *thoughts* about what’s happening in our life create the feelings, not the circumstances of our life.

Let’s look at some examples.

My colleague receives a promotion and I feel insecure. When I notice my thinking, it may sound like, “That should have been me. Why can’t I get ahead? What does she have that I don’t?”

I lose 5 pounds and I feel happy. When I notice my thinking, it may sound like, “Finally, I’m making some progress. I’ll look so much better in that new outfit. Now men will pay more attention to me.”

Once it begins to soak into our being that our thoughts create our feelings, we begin to understand that our life is created from the inside out, rather than the outside in.

Which then begs the question, if we don’t want to be at the mercy of our thoughts, what else is inside of us that could create our experience?

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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