

Hello everyone!

I hope this email finds you well.

I've been reading a lot recently about the power of the mind and the impact of negative and positive thoughts. So, for today's well-being I'm sharing a focus on '**How your thinking creates your experience of reality.**'

There is much information available around what cognitive science has to say about how we experience life.

There are many people who are offended by the idea that “we create our reality.” It could be seen as a version of 'blaming the victim.' Nobody asks for bad things to happen to them absolutely but denying the impact of our thoughts on our feelings and behaviour, denies your power.

A helpful analogy is to imagine three buckets in life—things we control, things we influence, and things over which we have no control.

What is not under our control are the many random events of life. The families we were born into, earthquakes, pandemics, illness, job layoffs, the death of loved ones, and car accidents, to name just a few. These are circumstances that we experience and events that we are aware of.

We can influence other living things with our actions. If you walk into a room, see a stranger sitting there, and decide to slap them in the face, that person will surely respond differently than if you had instead smiled. But you don't determine how that person responds. That person could decide to run away or slap you back.

What we control, and where we really start to create our reality, is in how we perceive/interpret/think about the events in our lives that generate our feelings about those events, and how we subsequently respond with our behaviour. No one can choose your thoughts or actions; those are yours alone. You choose what thought to think.

This is where the creating part gets serious. Your thoughts if you think them over and over, and assign truth to them, become beliefs. Beliefs create a cognitive lens through which you interpret the events of your world, and this

lens serves as a selective filter through which you sift the environment for evidence that matches up with what you believe to be true.

Because the brain's selective filtering system, often referred to as priming, works on an activation/inhibition model, when the brain is primed by a certain belief to look for something, it shuts down competing neural networks, so you have a hard time seeing evidence to the contrary of an already existing belief. That's why people who are depressed often see a more depressing world. It's also why you are so convinced that your view of the world is the "truth." What most people don't realize is they are participating in creating their own version of the truth.

What you take in from the environment through your belief filter becomes your 'self-concept'. Your self-concept is made up of ***I am*** beliefs about who you are presently, and ***I can*** beliefs about who you are capable of being in the future. From these ***I am and I can*** statements, you create stories and narratives about who you are, that you tell yourself and other people all day long. *I am not good enough, I am not lovable, I cannot do it, or I am smart, I am capable, I can achieve my goals.* You are the main character in your story, and you write the script based on your self-concept that is largely self-created. You write the story of what you think is likely and/or possible based on what you believe is true and then you take actions consistent with those expectations. When you act on what you expect will happen before it actually happens, you participate in creating the experience. That is the very definition of creating your reality.

There is nothing magical about it. It is simply the way our brains operate. When you deny, reject, or are unaware of this, then you have very little power and can often feel like the victim of your life. But with awareness comes choice. When you start to understand the process and make it work for you, you are empowered to be in charge of the life you create.

Will there always be things that happen that are outside of your control? Yes, absolutely, that is guaranteed. But what you do control is how you think and feel, and what you subsequently do about those uncontrollable events—that is how you shape and create your life.

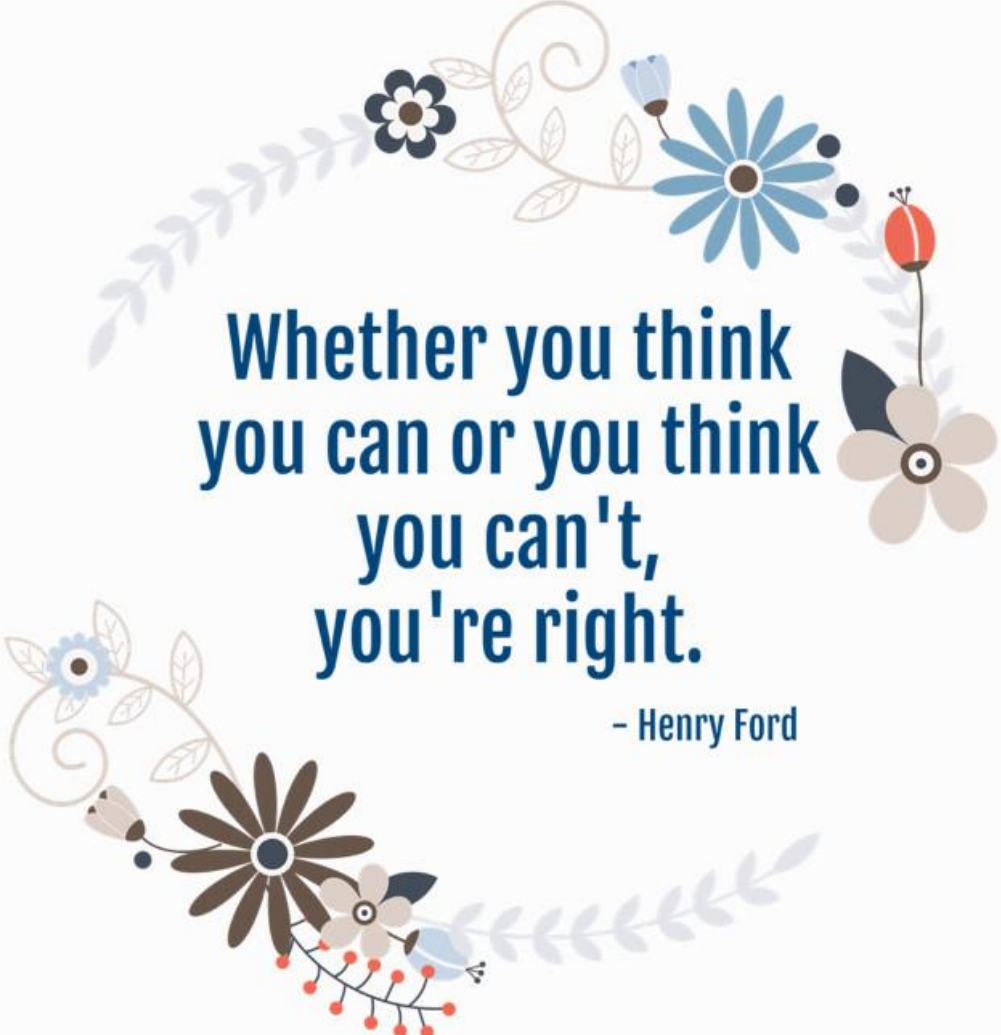
There are always people who thrive in times of crisis. Is it because they are lucky? No, most likely it is because they choose to try to see opportunity as opposed to disadvantage. That doesn't mean we dismiss the thoughts and feelings when bad things happen, it's just not being stuck there. Is it easy to break out of autopilot and take charge of this process? No. The more difficult your life has been, the harder it may seem at first. But it is

doable and it's like anything else, once you get the hang of it, it gets a lot easier. And since it is your life, no one else will ever be as invested in it as you! You are in the driving seat. So, reflect on your thoughts today and see if it makes a difference in changing the narrative of the day. ✍️ 📖 🧠



The Thought Cycle





**Whether you think
you can or you think
you can't,
you're right.**

- Henry Ford

**YOUR BELIEFS BECOME YOUR
T H O U G H T S**

**YOUR THOUGHTS BECOME YOUR
W O R D S**

**YOUR WORDS BECOME YOUR
A C T I O N S**

**YOUR ACTIONS BECOME YOUR
H A B I T S**

**YOUR HABITS BECOME YOUR
V A L U E S**

**YOUR VALUES BECOME YOUR
D E S T I N Y**

M A H A T M A G A N D H I

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#writeyourownstory #thinkingandfeeling #wellbeingwednesday