

Dealing with Difficult Thoughts

Class Summary

- When we're stressed, anxious or depressed, we can have thoughts that are difficult to live with
- Whilst these thoughts are real, in the sense that you are having them, you can ask yourself the question, "Are they true?"
- We often believe thoughts which are not true
- Journal your thoughts, writing down the thought and next to it, evidence for why it's not true
- Here we are dealing with Transference, navigate life with an outdated map
- We believe thoughts which may once have been, but are no longer true
- When we identify difficult thoughts as no longer true, it opens us up to possibility, which breeds hope
- Difficult thoughts often arise in you as anger, frustration or sadness, but if you look more closely, you'll most likely identify fear at the root
- Gandhi said, "Our beliefs create our thoughts and our thoughts create our feelings and our feelings create our actions. Our actions create our character and our character creates our destiny."
- When you're having difficult thoughts, practice some map drawing like in the following class (15b)