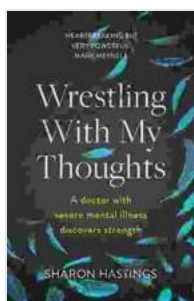


Wrestling With My Thoughts: An Introspective Journey into the Depths of My Mind

We all have thoughts. They can be positive or negative, helpful or harmful. But what happens when our thoughts become so overwhelming that they start to control our lives? This is what I call "wrestling with my thoughts."

For years, I struggled with negative thoughts that told me I was worthless, unlovable, and a failure. These thoughts made it difficult to focus, make decisions, and even get out of bed in the morning. I felt like I was constantly at war with myself, and I didn't know how to make it stop.



Wrestling With My Thoughts: A Doctor With Severe Mental Illness Discovers Strength by Sharon Hastings

★★★★☆ 4.8 out of 5

Language : English
File size : 4248 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages
Screen Reader : Supported



Finally, I realized that I needed to find a way to deal with my thoughts in a healthy way. I started by learning about mindfulness meditation, which helped me to become more aware of my thoughts and feelings without judgment. I also started talking to a therapist, who helped me to challenge my negative thoughts and develop more positive ones.

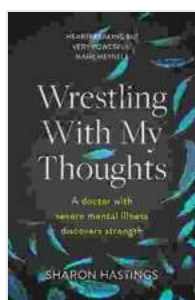
It wasn't easy, but over time, I started to see a difference. I was able to identify my negative thoughts more quickly, and I was able to challenge them and replace them with more positive ones. I also started to feel more in control of my thoughts, and I was able to stop them from controlling my life.

If you're struggling with your thoughts, I want you to know that you're not alone. There is help available, and you can learn to manage your thoughts in a healthy way. Here are a few tips:

- Become aware of your thoughts.
- Challenge your negative thoughts.
- Replace your negative thoughts with positive ones.
- Seek professional help if needed.

Remember, you are not your thoughts. You are in control of your thoughts, and you can learn to manage them in a healthy way. Don't give up on yourself. Keep fighting, and you will eventually overcome your negative thoughts.

I'd love to hear your thoughts on this article. Please feel free to leave a comment below.



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