

Title:
Daydreaming

Word Count:
1003

Summary:
This article highlights the positive benefits of daydreaming

Keywords:
daydreaming,creativity, visualization, cognitive rehearsal, positive, decisions

Article Body:

Daydreaming is a common experience for the majority of people at intervals throughout the day.

However, there are also different trains of thought regarding whether or not this is a useful

Children who daydream are sometimes thought to be sad or lonely. They have chosen to escape

When one of my children, the third of four started to have an imaginary friend called James

At meal times, he would sometimes say that he was not having anything as we had not set a place for him.
We would sometimes watch them interacting and his play behaviour revealed that the imaginary friend was real.
(This is well demonstrated in the film ^Drop dead Fred~.)

My little boy enjoyed this special friendship which was brief and he was allowed to grow out of it.

Since I myself have always talked to my dogs and other animals, it would certainly have been natural for him to do so.

Day dreaming can be seen as a form of visualization, which creates what you want from the future.

I day dream frequently whilst out with my dog (probably not the most sensible time to do this).
When used after the event, it can be beneficial as a way of helping to rationalise the outcome of the event.

From my experience of working in the mental health arena, I would say that the confusion of thought is often a result of daydreaming.

If you are someone who loses time by daydreaming when in the shower, pass a tree and get caught in a ditch.

This article was submitted by Mary Lennox an experienced counsellor and intuitive life coach.

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