

Title:
Mind Games!

Word Count:
1140

Summary:
Have you ever been caught up in a thought that will not let you out? Escape is not an option.

Keywords:
Women, woman, esteem, self, confidence, jealous, issues, help, games, mind, abuse, sexuality, beauty, ugly

Article Body:
Have you ever been caught up in a thought that will not let you out? Escape is not an option.

Our minds often repeat hurtful thoughts or scenarios over and over, even when we'd much rather

The game is of the mind, to confuse you in your thought process. When your mind is triggered

You would give anything to shake off these negative thoughts, but we all know so well that it'

You spend a lot of time thinking over negative feelings and sulking over regrets and misfort

You are a human being with a heart and a brain. You were given the ability to feel emotions. E

You are already aware of the mind game. Most of you have played it so long that you should be

I read about an interesting way to look at this. Think of your thoughts as a pop-up ad on your

It is your imagination that constructs

the limitations you see,

so use imagination

to get rid of them.

- Anonymous

If you act like you are a powerful person,

then powerful things will

happen to you!

-Jane Eldershaw

- 8/31/2005 - Untitled Comment

Posted by ShrinkingWoman

Great thoughts, Dorothy. Self talk is truly the most influencing part of our life. It takes pr
Permanent Link

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