

Grab Hold of Your Reigns!

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Have you ever wondered what the innate difference was between someone who is confident, successful and joyful, and one who drowns in their own pool of self doubt and insecurity? We may often think that it could be upbringing or IQ or past experiences, but two individuals may have the exact same past, and live two opposite lives. So what's the difference? Imagine a rider on a horse that is out of control, the beast carries him here and there, bucking and trying to throw him off, while the rider hangs on for dear life. It's not until the rider realizes that he is in charge, that he can use the strength of his will to reach and grab those reigns to bring the horse in control. In our lives, the horse represents our emotions, and the rider is likened to our thoughts. In your life, which one is in charge?

Most of us simply survive the ride of our emotions, feeling we have no power over how we feel, feeling up one day and down the next. Some get so far down that it's like they're in a deep hole, without any hope of finding their way out. Some people can pinpoint the trigger that put them in their discouraged state, yet others cannot. Whatever the situation, there is one universal truth about our feelings, and that is before you felt any feeling, it was preceded by a thought. So I want to challenge you to start finding those negative thoughts, and change them with some honest investigation.

Most of us find it difficult to catch the thoughts that fly through our heads, because there are just so many of them! It's a lot easier to help ourselves by seeing and facing our emotions, because they are our barometers to let us know what we're thinking. It's the feelings that make us uneasy, uncomfortable, fearful or depressed. When you have a persistent feeling that you don't like, it's important to identify it. So many are unable to find the words to describe what they feel, but there is great power to heal ourselves as we become fluent in the language of emotions.

So why even care about doing this? Because the benefits of doing this inner work is self knowledge, peace and freedom, at the least! How many times does the same issue come up for you in your life? How often have you found yourself reacting to a situation in the same predictable way? How old do you have to be to finally work thru your issues? Are you ready to make the internal change necessary to be free?

I offer you a template to begin your inner work, in order to turn around your negative thinking. Use pen and paper to answer these questions:

1. What am I feeling?
2. Name the emotions attached to this feeling.
3. What are the thoughts that you have when you feel these emotions?
4. What is needed?
5. Create a powerful affirmation, in the present tense, that you could believe, and this becomes your new thought.

Here is an example of using this template:

1. I'm feeling frustrated because I can't get everything done.
2. The emotions are helplessness, powerlessness, anger and overwhelmed.
3. The thoughts are: "This is just too much," and "I can't do it all," and "I never should have taken this all on."
4. What is needed is a reality check: can I let go of any of this or get help from others? If it all actually needs to be done can I ease off on the internal pressure I'm having toward myself? Can I change the deadline and do one thing at a time? Can I gather my inner forces and push forward, encouraging and rewarding myself each step of the way?
5. My affirmation is: I am doing the very best that I can and everything is getting done at its' proper time.

The difference between doing this and hanging on to the negative thoughts is vast! Either we tell ourselves horrible limiting things about ourselves, or we're nice to ourselves. Self abuse or self love, your choice. Knowing that I am doing the best that I can makes me easier on myself, as opposed to beating myself up because of the self blame of having taken too much on. We hope that no one would knowingly abuse themselves, but unconsciously, we do it every day, with persistent negative self talk and discouraging thoughts.

It's time to grab hold of the reigns and take control of those wild horses in your head. It's time to be as nice to yourself, as you are to those you care about. If you could only imagine how your life would transform if you changed only one negative thought, you would be motivated to continue moving forward in your internal investigations. So be brave enough to start your journey, and know that any awareness gained brings you that much closer to where you want to be.

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