



## The power of thought

Thoughts are a universal function like breathing, we all process thoughts differently because we are all unique individuals living within our own unique circumstances.

We are bombarded with thoughts all the time and it's our choice how we react to our thoughts.

Our thoughts create our reality. They do not mean anything until we give them power.

Consider the different effect on a relationship, it can be - Mum, Dad, Carer, brother, sister or friend, after each of the following scenarios!

### Scenario A unhappy

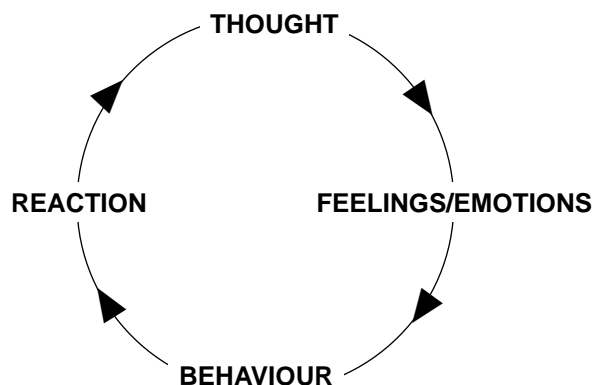
You are feeling unhappy and having a bad hair day. So everything looks bleak, you've tried everything - hair gel, spray and nothing works. Your Mum comes in to say something and you snap back 'go away and leave me alone'.

### Scenario B happy

You are feeling happy and having a bad hair day. You've tried everything -- hair gel, spray and nothing works so you decide to put a cap on. You're still feeling happy and remember it's pocket money day and you're singing along to your favourite music. Your Mum comes in to say something, you have a good chat and decide to do something special together at the weekend.

Two completely different outcomes created by different thoughts.

So, how does a thought work?



Our thoughts drive our feelings, behaviour and reactions. You can change your thought, therefore you can change your behaviour.

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## Control your life! - it's an inside job

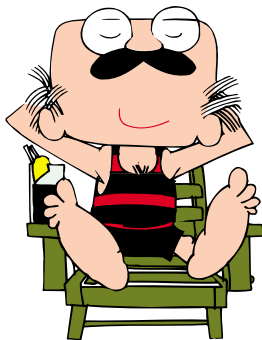
Inevitably there will be a clash of interests, ideas or views that lead to an argument. The following is a possible strategy to enable you to change the result from a downward spiral of aggravation, stress and confrontation.



### 1 Take time out

It's not easy in the heat of the moment to recognise what your thoughts are, so you need to take some time out to gather yourself. Take a deep breath and say 'I'm not in the right mood to talk about this now. Lets talk about it later'.

You will notice that the shouting and arguing will stop as you are not responding and feeding the argument.



### 2 Chill out

Use this lull in proceedings to gather yourself. Remember when you were in a very good mood or just feeling great, you need to recreate this 'feeling good' state. Think back to a time or situation when you were really, really happy. Remember how good you felt and what you heard, saw and felt then. Try holding these good feelings in your memory until you start to feel very good inside.

It may not be easy right now but try and recall a situation when you felt love and or respect for the person you are arguing with!



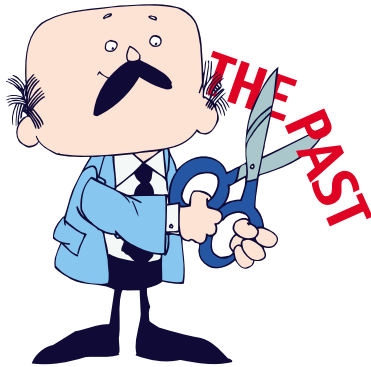
### 3 Separate the person from their behaviour

You may consider the behaviour of the other person is not acceptable, the person is the same person whom you loved/respected at one time. We are all unique and special people who are reacting to our thoughts. The other person no doubt feels differently based on their thoughts!

It may be that they have just experienced a crisis in their life that you are not aware of. Equally you may have been upset by something that happened to you earlier, which has nothing to do with the person you are now arguing with.



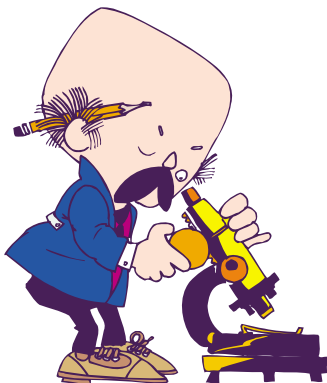
So, two unrelated experiences create the frustration, anger and aggravation between you. However it only needs one person to change this situation, which will lead to a much better result



#### **4 Put the past behind you**

There is nothing you can say or do about what has happened in the past. However frustrating, upsetting or annoying it is - nothing can be done to change the past. If it was really bad you have to deal with it the best way you can to take the heat out of it, maybe talk to a trusted adult.

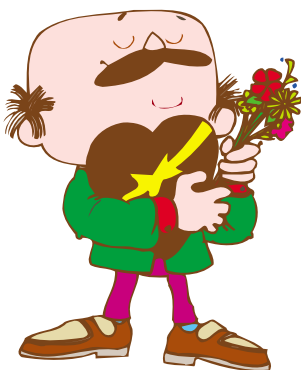
You have a choice, you can either start to forgive and forget or you can carry on letting the past have an impact on your life now and in the future.



#### **5 Be curious**

When you are feeling more forgiving, approach with respect and find out what is in the other persons life now and what concerns do they have. When you have listened from your heart and understand exactly why they reacted as they did, you may want to explain where you were coming from and how you see things.

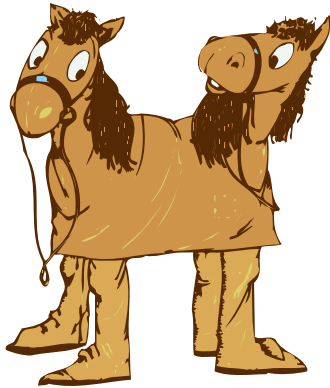
Be sure everything has been discussed and everything is out in the open.



#### **6 Love and respect**

Explain why you did not like their behaviour. Ask what it was about your behaviour that upset them and reassure them of your true feelings toward them. It may be that this was covered the 'Be curious' step.

Tell the other person **ONLY** if you really mean it, you want to re-establish your relationship/friendship as it was in the good times.



### **7 What can be done together?**

Ask what can be done to overcome the argument. It may have to be a compromise for you but try and accommodate as much of the other persons ideas. It might even be that you need to do something that you are not happy to accept at first, to ensure that the other person is in no doubt of your intention to listen and act upon their ideas. You may want to create an action plan together.

**When you are both relaxed, respected and feel listened to, each of you will be far happier with the other person**