

Our thoughts are major contributors to our wellbeing, or lack thereof, and we have more control over them than you might think. It may seem to you that your feelings are controlled by events (“my boyfriend didn’t call so I feel sad”) but actually the event (boyfriend didn’t call) leads to a thought (“he doesn’t like me”) which lead to a feeling (rejected and sad). Both the event and the feeling are hard to change, but we have impressive power over our thoughts.

Let’s consider another example. You have been waiting an hour for your spouse to get home from work, but the expected arrival time has come and gone and you are wondering what happened. What might you be feeling? Let’s look at how the thought that we attach to an event alters the resulting feeling.

Event: spouse is late coming home from work.

Thought #1: “She’s been in a car accident”

Feeling #1: fear, anxiety

Thought #2: “He puts his work above the family. He could get home on time if he really wanted to.”

Feeling #2: hurt, rejected, sad, angry

Thought #3: “he must be stuck in traffic”

Feeling #3: neutral, maybe even compassion

Once you realize that your feelings are related to your thoughts, you can start to make important changes. When a negative or unhelpful thought follows an event, you have the power to replace it with a more positive and helpful one. And the more you practice the better you'll get!

So put your mind to work and take back control of your feelings!

Wishing you health and wellness.

Dr. C.

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Dr. Chiamonte is a private Health Advocate and the founder of Insight Medical Consultants. She has been quoted by CNN, The Wall Street Journal and USA Today as an expert on patient advocacy.

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