

## How to Gain Control of Your Own feelings and your thoughts

Who is in charge of your own brain? And what come first, Intern Dialog, feeling or thoughts? I'll give you an answer in the bottom of this document

Once you understand the "Law of Attraction", you will learn how to become aware of how you are creating this feeling (yes, you re creating them, no one else) and how to deal with your feelings.

### Situation

You wake up one morning feeling negative about what is ahead of you, work is boring, your feeling unappreciated, you just don't feel up to it. The negative feeling is a sign that you need a change of direction quickly. It means you need to do something to fix your present situation now.

You might feel the same about your marriage, your career, your body, and your home. The negative feelings are alarm bells going off. It's a warning. Your thoughts are not the reality you wish to face. Keep thinking them and you will only increase the likelihood of these situations coming to you. Find a way to change your thoughts fast. Your emotions are a warning system.

### Make a conscious decision to STOP the thoughts

The problem is that sometimes we attach ourselves to certain ideas and problems, and we subconsciously get a kind of pleasure from going through a certain problem / issue. If we subconsciously keep inviting the thoughts, we will never be able to stop them. Therefore, the first stage is to make a clear and conscious decision to stop the repetition of the thoughts.

Be aware of their negative impact and don't allow them to come any more. This conscious step is an indispensable stage in controlling our thoughts.

### Who is it to listens to thoughts?

Whenever a thought appears, just ask yourself, who is it to do this thinking? What we do is discovering the source of thoughts. Through asking this question we realize that there is an "I" who can decide to accept or reject thoughts. By asking this question we will be able to stop the thoughts as soon as they enter. You are not a victim of your

own thoughts, it is you who either rejects or gives life to thoughts. Remember, what you focus on, you'll get more. If you focus

On the lack of something, you'll attract more of that to your self. You are a magnet.  
(this is bottom line what the "Law of Attraction" is about)

Catch thoughts as soon as they appear.  
This exercise requires a determined effort on our part. We need to be vigilant and watch every thought that enters our mind. As soon as we see a negative thought enter, we must immediately say STOP, discard it and refuse to follow it. The more we follow thoughts, the more difficult it becomes to stop them later.

You of course are in charge of your own brain. You decide what kind of conversation you'll have with your self. And since your thought is a direct result of your Intern Dialog, who create your thoughts and again create your feeling – You'll now understand that's only you who can do something about this "assembly" line right now.

It's your choice, and what are you going to do, take control or loose control?