

Buddha says, "We want happiness, but choose suffering."

Psychologists believe that the reason we return to our suffering is because we want a better outcome.

An attempt to rescript our lives.

We hold on to figure it out, and we hold on to figure out how to let go.

We will always choose thinking about pain rather than experiencing it. This is why we often procrastinate and hate confrontation.

We become deeply attached to these painful thoughts, sometimes so much so that it becomes our identity. Worse yet, we become addicted to it!

For some, giving up this negative ruminating means giving up their identity. If this rings true for you, here are 6 things to help you process through this:

- 1) Back-to-front thinking--going from the monkey brain to the prefrontal cortex where we can intelligently think through this stuff. Without that process, we're doomed to KJTs. (Knee Jerk Thoughts) In other words, giving our brains the time and room to fully process.

2) See the loop and acknowledge it. "I got caught and I'm the one doing it!" Be kind to yourself, give yourself grace, laugh, write it down, and let it go.

3) Ask yourself WHY in a constructive way.

- Not, "Why me?"

- Instead: What if I let go of this negative loop?

4) Feel, don't think. We think to solve AND avoid! If you sense how you feel, you can acknowledge it and move on. (Use the processes from step #2--write, laugh, etc.)

5) [CLAP CLAP] "That's enough!" Honestly, you don't have to put up with this - verbally close the "kitchen" of your mind, just like you [clap, clap] close your kitchen after dinner to stop the snack attack.

6) What will I lose/ what will I gain? Tell the truth about your identity - you are fearfully and wonderfully made, and you are here on purpose, for a purpose!