

When what we think gets in the way of what we want, there's a good chance it's because of overthinking.

You know what I am talking about...the thoughts you replay over and over again...the thoughts that keep you up at night.

The fact is, that same brain that tells you to keep ruminating on something worthless or telling you it's too hard, overwhelming, or that "you can't," CAN be taught something new.

Jon Acuff, who wrote the book Soundtracks, says we need to play a NEW soundtrack or turn down the volume, at least.

So far, we've learned some keys to stopping this insidious behavior, like -

- Your thoughts aren't necessarily true.
- You don't have to believe everything you think.
- You don't have to act on everything you think.
- Overthinking isn't overanalyzing - it's more like not analyzing at all, and a thought (or thoughts) is just running amok.

- We all have soundtracks - it's easy to remember what we don't like, what embarrassed us, etc, vs the wins of the day because of the negative impact of the amygdala.
- We found that our stories and thoughts change over the years.
- We found that our brains are confused about trauma, and we can't always tell the difference between real and fake trauma because they both trigger the same chemicals in our brains.
- We all have confirmation bias - we're magnets for stuff we already believe to be true.
- Words are precious and carry a lot of weight. For example, "I'll never lose weight" is a command, not exasperation, to your brain!
- It takes a minute to replace a soundtrack, but in the meantime, you can dial down the volume.
- Overthinking is overcome by different actions.

You're the narrator of your own story - if you're not rooting for yourself (the star of the show!), then why would anyone else?

- Yesterday, we took a look at some tools to help combat the negative soundtracks and bolster the new:

1. Quotes: We've talked about Quote Decks and how they can help change your thoughts. Consider using quotes to help the process along.

2. Self-talk (soundtracks) is self-fulfilling, so the 3 R's are crucial - Retire, Replace, and Repeat. Retire the thoughts that no longer serve you, replace them with positive, uplifting thoughts, and repeat until they become automatic.

3. Consider for a moment, if you "read somewhere" that _____ fill in the blank _____ is true, it may not be. For example, water is the only hydration that counts. (False!)

4. "Everything is always working out for me."

This phrase will immediately lower the volume on a broken soundtrack. LOOK for evidence to support that statement!

5. You find what you're looking for, and what you're really looking for might not line up with what you say to yourself - out loud or in your head.

6. "Fear comes free. Faith takes work." - Jon Acuff

In other words, proof and evidence won't come knocking at your door - you have to find it!

7. See it, say it, write it down... "EVERYTHING ALWAYS WORKS OUT FOR ME"...and watch how things will change!

We all have evidence to support us.

We all have evidence to convict us.

Soundtracks are a vibe, and YOU get to CHOOSE:

A higher vibe requires support for your higher self...words, music (sure!), people, and action.

A low vibe is business as usual - not taking over as the conductor of our minds, and allowing whatever to have free rein.

Are you choosing to live a high or low vibe life?