



The Power of the Mind

Yes, it does exist!

Do you believe in the classic notion of “power of the mind”? If not, I am about to convince you. One rule, though: you must be genuine with yourself while doing it.

Think about a time in your life where you achieved or succeeded in something. If you are genuinely thinking about that moment of achievement, you should feel a sense of pride, joy and relief. Take a moment to allow that thought and emotion to sink in. Now think about a difficult time in your life when you struggled with something. Notice how the mood instantly changes and drops? Within a few seconds you were able to change how you feel. How? By redirecting and changing your thoughts, you managed to change the way you feel. It really is that simple! But what exactly is this concept of power of the mind?

Thinking is connected to everything we feel and do. Every second of the day that you are awake, your mind is constantly feeding you thoughts. It often feels as though these thoughts are automatic, uncontrollable and all over the place. However, if you follow these simple steps, you are on your way to gaining power over your own mind. This means you will be able to take control of how you feel and what you do:

1. Identify exactly what you are thinking after the situation has happened.
2. Before continuing to spend time on your thoughts, ask yourself: “Is this realistic, fair and helpful to me or the situation?”
3. If not, then challenge and change these thoughts to ensure that what you are thinking is reasonable and appropriate to the situation. You can do this by reality-testing your thoughts. Ask yourself: “Is there solid evidence or actual facts that support these thoughts?” If the answer is no, then it is a sign that the thoughts might not be accurate. In that case, try to realign your thinking with what is actually true, based on evidence and reality.

Still struggling to believe it is that easy? Here is an example to showcase this:

Situation: Your partner has not replied to your message for hours.

Thoughts: “She is angry with me. I have probably messed up. I knew I was not good enough for her.”

Emotion: Panic, anxiety and disappointment.

Reality-test: Can I read her mind? NO! Did she say any of these things? NO! Do I have any evidence for any of these thoughts? NO! There could be MANY reasons why she has not replied that could be contrary to my thoughts!

The longer you choose to spend your time and energy on unrealistic, dramatic and exaggerated thoughts, the more destructive you become with your emotions and behaviour. Always first cross-check your thoughts with evidence, which will help you to stop overthinking and rather think effectively. Often it is not the situation itself that makes us feel so intensely; it is our mind that controls whether we feel better or worse.

Always remember, no matter what happens in your life, you will always be left with this choice: are you going to use your mind to be realistic, fair and help yourself OR are you going to use your mind to break yourself down, make it worse and be destructive. So, what are you going to choose? 🌀

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