

Shepherd Your Thoughts

Are you someone who can shepherd their thoughts and learn to move away from the fear and triggers?

The idea suggests that when a negative or fear based thought pops into your mind, you should just gently move those thoughts aside. The thoughts are the sheep and you are the shepherd, moving them over. I love that idea.

I take out my big imaginary magnifying glass and put it out in front of me. I think of it like a shepherd's stick. When the 10% fear-based thoughts pop into my head, I use that magnifying glass to shepherd my negative thoughts over. I then train my brain to see what the 90% are.

Sure, the 10% are still there — they always will be. You need to train your brain. It takes time, practice and patience to condition your brain to see the 90%. I have learned to live with my triggers and my flashbacks. They no longer consume my life. The past cannot be changed. I have made a choice to forgive people and move on.

I once had an audience member hand me a small card. It read: "Forgiveness is giving up the hope that the past can ever be different." But the future can be different when you change your focus to the 90%.

What steps would you take to train the brain to see the 90% instead of the 10%? Watch the video below to help guide you to a greater level of self-care.

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