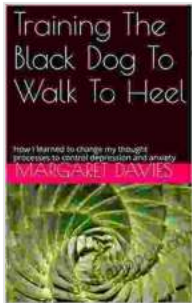


How I Learned to Change My Thought Processes to Control Depression and Anxiety



Training The Black Dog To Walk To Heel: How I learned to change my thought processes to control depression and anxiety by Christina van Deventer

★★★★★ 5 out of 5

Language : English
File size : 1710 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 9 pages
Lending : Enabled
Screen Reader : Supported



I used to be controlled by my depression and anxiety. I was constantly negative and pessimistic, and I felt like I was always on the verge of a breakdown. But I learned how to change my thought processes, and now I'm in control of my mental health.

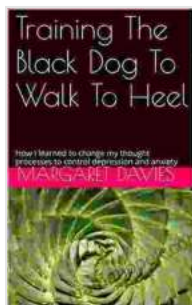
It wasn't easy to change my thought processes. It took a lot of practice and dedication. But it was worth it. I'm now able to live a happy and fulfilling life, and I'm no longer controlled by my depression and anxiety.

Here are some of the things I learned about changing my thought processes:

1. **Identify your negative thoughts.** The first step to changing your thought processes is to identify your negative thoughts. Once you know what your negative thoughts are, you can start to challenge them.
2. **Challenge your negative thoughts.** Once you've identified your negative thoughts, you need to start challenging them. Ask yourself if there is any evidence to support your negative thoughts. Are you really as worthless as you think you are? Are you really going to fail at everything you try? Most of the time, you'll find that there is no evidence to support your negative thoughts. This is when you can start to replace them with more positive thoughts.
3. **Replace your negative thoughts with positive thoughts.** Once you've challenged your negative thoughts, you need to replace them with more positive thoughts. This can be difficult at first, but it gets easier with practice. Start by focusing on the good things in your life. What are you grateful for? What are your strengths? Focus on these positive things, and eventually your negative thoughts will start to fade away.
4. **Practice mindfulness.** Mindfulness is a technique that can help you to focus on the present moment and to let go of negative thoughts. There are many different ways to practice mindfulness, such as meditation, yoga, and deep breathing. Find a mindfulness practice that works for you and make it a part of your daily routine.
5. **Get help from a therapist.** If you're struggling to change your thought processes on your own, don't be afraid to get help from a therapist. A therapist can help you to identify your negative thoughts, challenge them, and replace them with more positive thoughts. Therapy can also

help you to develop coping mechanisms for dealing with depression and anxiety.

Changing your thought processes takes time and effort, but it is possible. If you're willing to put in the work, you can learn to control your depression and anxiety and live a happy and fulfilling life.

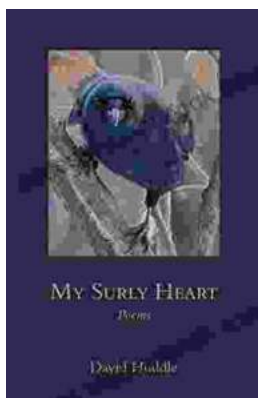


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