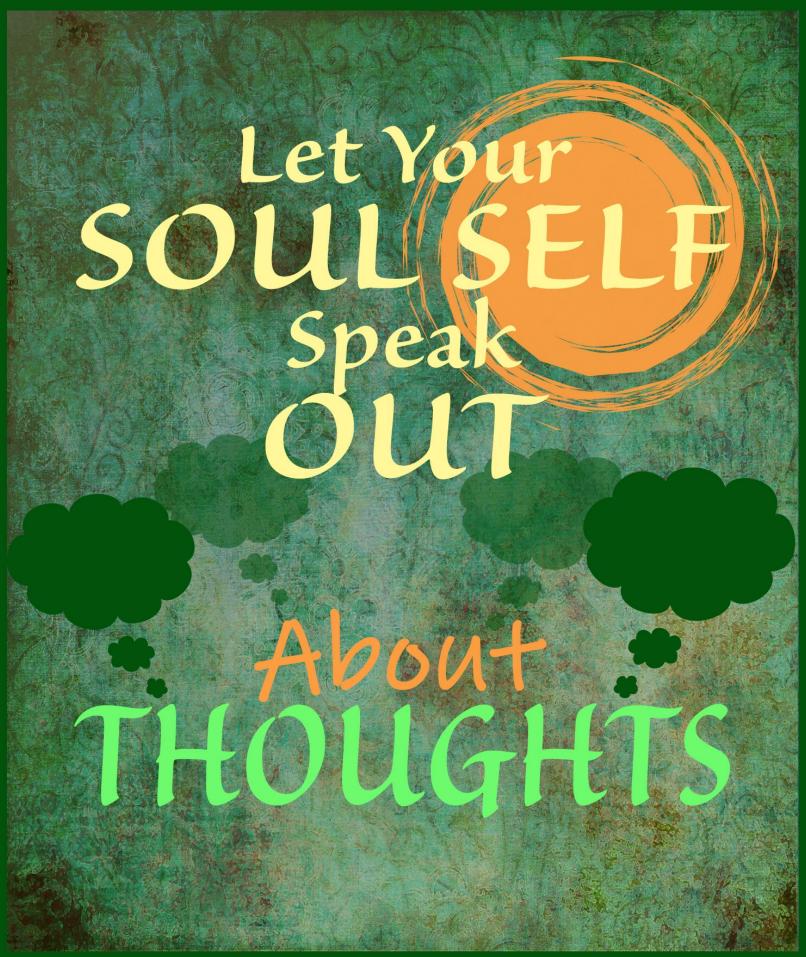
Soul Self Series Book 3



PATTYANN



About THOUGHTS

Written & Designed By Patty Ann

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Page 2
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Intention

The Soul Self Series was created to nurture awareness in oneself through self discovery and exploration. This is a non-denominational guidebook series, and devoted to developing critical thinking skills and reflections thereto.

Each title is a stand alone book and can be read in any order. All books follow a familiar format, so the principles can be consumed easily.

Format

The content is purposely concise to provide readers with bite-size reflective themes to consider. This activity includes thoughtful questions, which are posed as possibilities. Notations, and journaling, are encouraged to prompt engagement, and enlist mindful critiques for enrichment, and expansion.

Best Use

For a suggestion, grab a pen or pencil. While reading you can then immediately capture your thoughts and write them in the notation spots. As the activity progresses, you will gather more ideas. Rather than writing full sentences, jot down key words and concepts that inspire you, while considering concepts and theories.

For Independent Study or Groups

Although this guide is in a workbook format, it includes separate individual and group Q&A pages that can be interchanged.

These guides offer options! Facilitators can direct learners to explore and answer questions individually, in small groups, or by guided whole group discussions. Individuals can enjoy contemplating and journaling the topics.

Thank YOU & Enjoy!

What About YOU & Your Thoughts?

It is claimed the average person has anywhere 50,000 to 80,000 thoughts per day! Wow! Fave you ever tried to count all the thoughts that walk through year head each day? Try it! You probably won't get past the thought of counting your next thought!

It is also said of those (let's say 2,000) oughts, 80% are negative and 95% are the say ne reprintive thoughts as you had the day before! No world, r we had an sget ourselves stuck in repeat patterns!

This guide is an examination of our thought processes. Why we think what we him, aw reness thereto; and how to assess health the this from their unproductive counterparts.

This y leboo, will not tell you what—or how, you should or nould not think. The information presented is unbiased facts you can disseminate for yourself.

The self seflective Q&As are designed to help you analyze your thought processes; even make pleasing improvements if that is what you desire. Primarily this guide will bring an awareness about thoughts as an independent, yet vital function of your brain. One that you have complete reign and control over for the sake of your mental health!

What is a Thought?

Thinking results from a thought, or thought form(s). So let's begin with thoughts.

Th	ou	ghts	can	be

Ideas

Beliefs

Perceptions

Knowledge

Creative

Intuitive

Notions

Dreams

Manifested

Thoughts are 0

N∈ Julous

r ieetii g

`~~,Jorary

Energy

Powerful

Pleasing

Uncomfortable

Challenging

Inventive

7 ∩ough 3 can

- 1 a party or a war
- Ana re o project or a relationship
- Conterplate the universe or an idea
- Focus on social media or a hobby
- Meditate on awareness or a murder
- Dissect a personality or an equation
- Dream about heaven or give you nightmares!

Where Do Thoughts Come From?

Thoughts come from

- Inside your head
- Outside of yourself
- From other people
- From life experience
- From exposure to other ideas
- Your conscious & subconscious none
- And the collective conscious ess of a that is!

Thoughts can be created in a ur mind. And thought forms from the collective conscious can enter your brain.

Therefore, you ger rate you own thoughts, AND collect other thoughts that decire your mind.

Thoughts a connergy. They can attract to other energy— such as you are also formless until manifested.

thous vou may hang on to it. You may examine its benefits, and agree or disagree with it. If a thought validates what you believe yor may integrate it. If a thought is repulsive you can choose to throw it out. Ultimately it is up to each person to mind their own thoughts!

					<u> </u>
How often		or think th	ed up from is *'>ought?	frier ,, or this t	teacher. ought
			Z		
Describe a why y' a b	thrus 'th	nat came fr 'as a thoug	om the colle ght that cam	ctive conso e from outs	cious. Explain side of you.

Internal and External Thought Attachments

The brain is the receiver of information, namely thouse the rms. Then it's our thinking mind that decides how to process thoughts received.

Thoughts are generated internally from your experiences and beliefs, AND, externally from the collective constitutes.

There is more attachment to intend thoughts because they are personal by nature. These thoughts come from your life experiences, your learned behaviors and peliefs.

For instance, you may have a subth that leads to an immediate reaction. Let's say, you believe a piece of mail that looks like spam or junk mail. When boking at the envelope, and without opening it, you throw it in the trish. The hought of throwing away this mail came from life of the reactions are based on learned habits.

Thor you at constrom the collective are not personal—that is if you reconize the difference. Therefore, the initial attachment is less for collective thoughts. Your mind can be more objective when sifting and sorting out ideas that filter through your conscious mind.

For examp¹: You have an assignment to report on a natural disaster. You let your mind drift and in comes all sorts of ideas. A hurricane. An earthquake. A tornado. Unless, you resonate with one of these through personal experience, you will objectively evaluate each, and perhaps select one as the topic of your report.

Thoughts Activate Feelings & Emotions

Thoughts that arise from life experiences have feeting tached. Sometimes very strong emotions get provo' and whan our mind visits an unpleasant past.

The persistent recycling of thoughts can cary harsh emotions. For instance, a great personal loss can says stress to a person's body. Over time, compounded stress can calculate into an illness, even severely.

Feelings and emotions are ALV 'AYS created and set off by thoughts. A troubled past can have a person's psyche. For instance, Post Traumatic and Syndrome (PTSD) is past trauma that is tripe and by smells, sights, sounds, and is associated with a mergor which is another form of thought.

It is highly provable and PTSD, or any trauma, when the triggers are incovered. Once these stressors are known, awaraness can process future simulations with attentive care. In Jene Several sees need professional help to aid in this racess.

Howe r everyone at some point in life can benefit by educating themselv o alternative thinking strategies.

Recycling Thought Patterns

Thoughts that recycle endlessly affect mental sta^{**itv}. A petitive patterns are learned habits of one's own mental curious ang.

For example: Perhaps, a person believes that in a pring something new, it will make them feel here. Their thoughts may reason: "If I get this job, I will be finally happ"." 't does not matter if it is a job, or a house, or a new dress

Over time, patterns of instant gradication become ingrained. Why? Because learned behaver is remarked by the mind. Conditional thinking of "If I get this, then all be happy," are expectations that may have been net—or worked for a particular stage of life. But, this temporary, additional happiness becomes short lived, as the cycles reats itself.

Change conditional \ir \ing t rough awareness!

- Identify `ociated thinking patterns—every time!
- Sea adful to the type of thoughts your mind attracts.

 Acknowledge the pattern, and the conditions you set.
- Fee. `e motions attached to this programming.

It is actually easy to change our thoughts. But, it's challenging to discipline ourselves, as it requires mindful habits—and ongoing attention. However, with practice, thoughts that lead to behavior modifications can be rewired with success.

	ne thought and what you feel. What part of your body nis thought?
	thought that recycles in your mir \ toc often What do you the catalyst that causes is recur, c though?
Describe a Explair, unc	though that you believe caused consequences in your life. Yough at manifested an action, and the outcome created

Self Examination of a Thought Cycle

Let's say you had been bitten by a dog, a Pitbull as a child. The bite did not break your skin or bleed. It was more which that left you feeling scared of this dog. Your family did not own dogs. Therefore, your exposure to canine behavior was in 'ed to this experience. Your fear of dogs were companied when your parents commonly talked about the terror in Jucad by your neighbor's Pitbull.

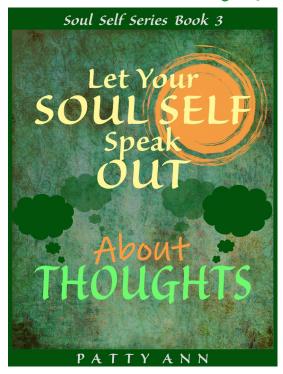
As an adult you carried forth this read of dogs, particularly Pitbulls. The media validated and rein, read your beliefs through shocking dog attacks that involved the Fabull breed. Your beliefs became established. You marted earing all dogs, all the time.

Give an exar produced fea	nple from of your childhood experiences that ur.
Now exp	what belief evolved from this experience

Topics to Ponder & Discuss

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Thank YOU for Enjoying



Your Ratings & Comments are Appreciated!

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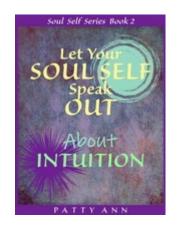


Page 14
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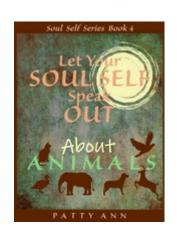
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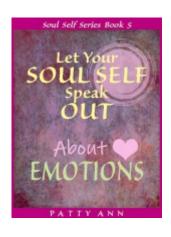


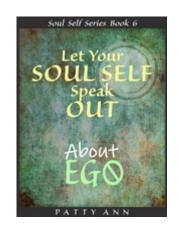






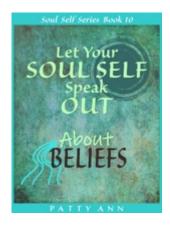
















Bundle of All 10 Books in 1!

