

Positive Psychology
The Science of Happiness

**FIVE SIMPLE WAYS TO
STOP BEING HIJACKED
BY YOUR OWN
THOUGHTS**

WRITTEN BY
**Arty
Amarisa**

Compassion & Mindfulness

Bach Flowers Remedies

Emotional Freedom Technique

[HTTPS://:ARTYAMARISA.COM](https://artyamarisa.com)

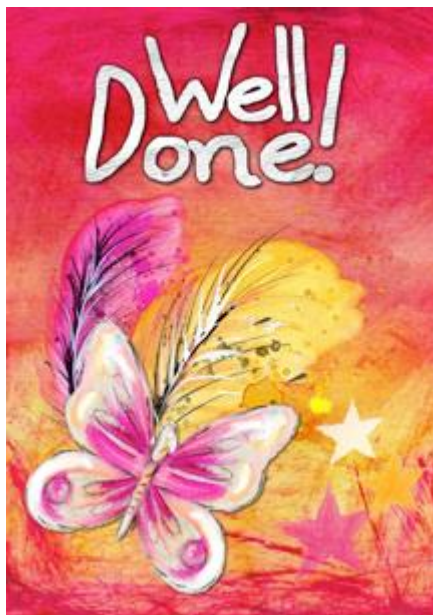


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Introduction - First of all let me congratulate you for acknowledging that you are controlled by your thoughts.

Welcome to learning 5 simple ways to detach yourself from thoughts so you can lead a more relaxed, fulfilled and happier life.



We do not realise that thoughts are mental events and may not have any reality within them.

So why would you take something which is not the truth so seriously?

But we do, which is why we get tangled up with our thoughts; get anxious, worried, tensed and stressed.

Check out these videos created to help you practice the skills learned here. Click [here](#) to access them.



Chapter 1 – Bach Flower Remedies

Dr Bach discovered 38 different flower remedies that correspond to different human emotions and their purpose is to help to restore emotional balance. One way you can use the Bach flowers is if you are experiencing a particular emotion such as guilt you can take pine orally.



However for the purpose of this eBook, simply go through the list below and identify emotions that cause you to worry, cause undue stress and anxiety keeping you under their spell. Usually it is white chestnut that keeps you thinking of a particular event, thing, person over and over again in a repetitious loop. The simple identification of your thoughts helps with the process of letting it go which will help with the next chapter. When you read the below list you will be surprised that there are so many different emotions you can experience and sometimes all at once! The human brain is fascinating.



Agrimony – mental torture behind a cheerful face

Aspen – fear of unknown things

Beech – intolerance

Centaury – the inability to say 'no'

Cerato – lack of trust in one's own decisions

Cherry Plum – fear of the mind giving way

Chestnut Bud – failure to learn from mistakes

Chicory – selfish, possessive love

Clematis – dreaming of the future not present

Crab Apple – cleansing remedy & self-hatred

Elm – overwhelmed by responsibility

Gentian – discouragement after a setback

Gorse – hopelessness and despair

Heather – self-centredness and self-concern

Holly – hatred, envy and jealousy

Honeysuckle – living in the past

Hornbeam – tiredness at the thought of doing



Impatiens – impatience

Larch – lack of confidence

Mimulus – fear of known things

Mustard – deep gloom for no reason

Oak – going past the point of exhaustion

Olive – exhaustion after physical/mental effort

Pine – guilt

Red Chestnut – concern for welfare of loved ones

Rock Rose – terror and fright

Rock Water – self-denial/repression, rigidity

Scleranthus – inability to choose between alternatives

Star of Bethlehem – shock

Sweet Chestnut – extreme mental anguish,

Vervain – over-enthusiasm

Vine – dominance and inflexibility

Walnut – protection from change/unwanted influences

Water Violet – quiet self-reliance /isolation

White Chestnut – mental arguments

Wild Oat – uncertainty over one's direction

Wild Rose – drifting, resignation, apathy

Willow – self-pity and resentment



Chapter 2 – Emotional Freedom Technique (EFT)

Often we think we must suppress our thoughts and it will go away and we will feel better. However by just putting the lid on top of our emotions we are just allowing the lava in the volcano to get pressurised to explode anytime. Emotional Freedom Technique is a combination of exposure and cognitive therapy to help you face your emotions by repeating specific emotions you are experiencing out aloud and neutralizing them with the help of acupressure points. Recent research demonstrates when you apply pressure on the acupuncture points, it sends signals to the amygdala (within the limbic system which is responsible for emotional regulation) in the brain helping you to calm down.





Step 1 - identify the emotion that causes distress – this is the problem. The previous chapter, which lists different emotions, may help you in identifying emotions you are experiencing. Try and be specific.

Step 2 - Whilst tapping on the KC point repeat 3X Even though I have this _____(problem) I deeply & completely accept myself.



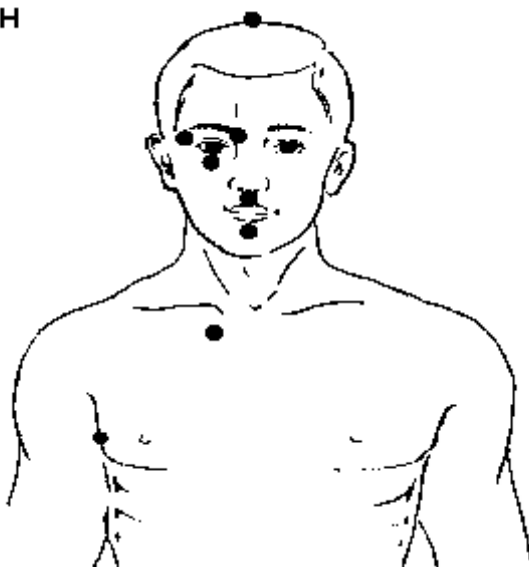
Step 3 - Tap about 5X on each point repeating words which help make the problem you are experiencing more specific.

TOH

EB
SE
UE
UN
Ch

CB

UA



TOH- Top of the Head

EB = Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Collar Bone

UA = Under the Arm



Chapter 3 – 3-minute breathing space

Mindfulness is a practice when you are living each experience, moment to moment without judgment. This three-minute breathing space can be practiced regularly a few times a day to help you detach yourself from your thoughts and help you be more focused and clear.

Start off by sitting somewhere comfortably where your back is straight. Alternatively, you can be standing and feel your posture erect. Take 1 minute to guide yourself through these three steps.





Step 1: Becoming Aware – bring the focus of your attention to your what you are experiencing right now. Ask yourself the questions what are you going through at this present moment?

- ❖ **What thoughts are you thinking of?** Try your best to put into words thoughts you are going through, address them and label them as mental events.
- ❖ **What are you feeling at this moment in time?** If there are any emotional feelings, acknowledge their presence.
- ❖ **What body sensations are you experiencing in the present?** Bring your mind's attention to your entire body from top to bottom to connect to your body identifying any tightness or pressure.

Step 2 Gathering - bring your attention to your breath. Feel it in your abdomen and connect with the sensations in your abdominal wall expanding as the breath comes in and how it contracts as you exhale. Notice your breath inhaling and exhaling. With intention now connect yourself with the breath as the air comes in and goes out to be in the present moment. If your mind wanders, that is completely natural, acknowledge it and bring it back to the breath.



Step 3: Expanding - allow your attention to come to your breathing so it includes your entire body, your posture and facial expression. If there are any areas of discomfort take your awareness there with your breath and inhale into that area. Then breathe out from those sensations as you exhale.





Chapter 4 – Evoking a compassionate mindset

There may be times when you are feeling distressed or uncomfortable due to overthinking a particular mental event. Developing compassionate skills helps to refocus your energy to the present moment and mitigates the negative repetitive thoughts. Engage in these exercises when you are feeling you need a breeze of kindness in your life. It is advisable first to spend a few minutes focusing on your breath or engaging in the three-minute breathing space before starting this exercise.





Sit in an upright, comfortable position and connect yourself to the breath. Allow your breath to become slower and focus on the flow of your breath, going in and out. Continue this for a few deep breaths. Allow your face to relax and keep your facial expressions gentle and friendly. Bring to your mind a memory of a time when you felt compassion towards a person or an animal. It may be when you helped someone who was struggling at work or in their relationship. Or it may be helping someone to carry their heavy bags on the train or looking after your pet who was feeling poorly. Try and pick a memory where the other person or animal was not in too much discomfort.





Focus on this memory and address your intention towards the other person and what did you want from them. Take a few long breaths focusing on this and hold that intention in your mind. Gradually remember what your body language was, your stance, the way you held your body. Focus on how your facial expression was and how your face conveyed the compassion and kindness towards the other person. Reconnect your present self to the echo of that feeling now. Recall the words you said, the tone of your voice and what you did to show your compassionate intention. Take a few long breaths holding these characteristics and how they expressed your compassionate desire for this other being. If you are unable to remember a lot of details focus on imagining your facial expressions, the voice tone and your intention. Take a few long breaths focusing on this memory. Gradually allow the memory to fade away.



Chapter 5 – Positive Psychology

In this day and age a lot of us have forgotten the niceties of life. Can we remember the last time we said thank you and sorry to someone? Often we are on autopilot mode that we say these things but we do not really mean it. This simple exercise will help you tune into the frequency of appreciation which will make you feel lighter, focused in the present moment rather than being victims of your thoughts.



Everyday be thankful for three things in your life. They have to be three different things. Examples can be general, such as having a roof over your heads or specific, like enjoying a green tea with lemon. Stretch your mind to think of three new things. Also write



these down rather than just thinking of them. You can have an accountability partner where you text each other every day or you can write in your journal or in your notes in your phone or simply on a piece of paper. Commit to this intention of expressing gratitude.





Day: _____

Time: _____

Write down 3 things you are grateful for. Try and write a combination of specific and general examples.

1.

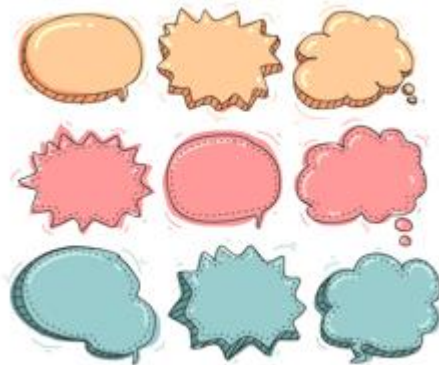
2.

3.



Going forward - I hope you have found these five exercises useful. Set the intention of engaging in these every day and gradually as the days and weeks goes by you will see a shift in your mindset and you not feel hijacked by your thoughts.

Check out these videos created to help you practice the skills learned here. Click [here](#) to access them.





If you have comments and have enjoyed them please do email me and let me know. If you feel you have any other questions or need more support t and would like to book a one on one with me to take these further, definitely do let me know. I'll be more than happy to help you and be part of your journey towards wellbeing. I offer one to one sessions using a combination of

- ❖ Acceptance Commitment Therapy
- ❖ Bach Flower Remedies
- ❖ Compassionate Mind Training
- ❖ Emotional Freedom Technique, Matrix & Birth Reimprinting
- ❖ Fertile Body Method
- ❖ Hyno-constellation
- ❖ Mindfulness Based Cognitive Therapy
- ❖ Picture Tapping Technique
- ❖ Positive Psychology Coaching



I look forward to hearing from you.

hello@artyamarisa.com

<https://artyamarisa.com>