

Hi! I'm Gwen from Always Brighter, home of the "Better Feeling Thought" and the place to find inspiration to keep growing, learning and reaching for a brighter and more fulfilling life.



Today on the The Brighter Side I want to introduce you to the

"Better Feeling Thought" Technique.

This is the technique that I have used to create a happier, healthier life over the past three years. It's the way I go from feeling anxious and worried to feeling hopeful and light. It's a process that I've gotten so good at, it literally takes me seconds to move through the emotional spectrum. And today I'm going to share this miracle with you.

We all want to have a happy life. When you tear the material world away, the truth is that we just want to be happy. We want peace. We want to FEEL GOOD.

A happy life is one in which we feel good.

It's why we drive the car we drive. We want to feel young or classy or important or, yes, maybe even frugal.

It's why we wear the clothes we wear, because we want to show the world who we are. We want to feel good about ourselves.

It's why we buy the house in the part of town that we choose, because we want to be a part of a certain kind of culture. We want to feel like we belong.

It's why we want meaningful relationships. We get married. We have kids. We want to feel understood. We want to feel appreciated and valued and important to someone. We want to feel like are needed.

It's why we join volunteer organizations and give to worthy causes. We want to feel like we are making a difference. And when we feel like we are making a difference, we FEEL GOOD.

Maybe we think we do things because we are responsible. Or because we've been taught that way. Or maybe even because we don't want to let anyone down.

But ultimately, when you boil it all down to the bottom of the pan and sift through the dregs, it's because we want to feel something. Usually, we want to feel good. Sometimes, we get a little kink in our centers, that get us addicted to feeling just ok, or maybe even bad.

But our spirits really long to feel happy and light... to feel GOOD.

And that's why I love the process of finding a better feeling thought. Because it can take what is a really bad day or a bad situation where you may be feeling deeply disappointed or angry and incrementally help you feel not so angry. Then it can help you move to feeling perhaps mildly irritated, then maybe to feeling Ok and accepting of what is going on... then to feeling confident that it can get better... that "this too shall pass" and then to a more hopeful feeling, and then to feeling motivated to do something that will move you toward feeling excited or happy and maybe, then to even feeling joy.

I've done it over and over and it works for me every. single. time. Depending on the thought, it may take a few minutes, to a few hours or even, maybe at first, a few days, but it never fails me.

So if the best part of life is feeling good, why not work your way into feeling good all the time? Now I want you to close your eyes and stop for a moment. For a moment, let's forget all of the impossibilities in your brain, all of the things you were conditioned to think about life and pain, and think about what it would be like to feel good all the time?

To be able to turn it around in a matter of minutes. To be able to talk yourself into it in the blink of an eye? We certainly can do it with bad thoughts. We can dig ourselves down into a big, effing hole. Why not turn the tables on our Monkey Mind and use it to feel better.

Truly. It's a miracle. And it's never out of reach.

So (you can open your eyes) how do you do it?

Let me go through an example from my life. It's not a deep dark thought by any means, but it's these kinds of thought that left untreated can go down the rabbit hole toward a black hole of depression and anxiety. But catch them quick and its life changing.

This thought is about money.

I have always struggled with feelings of lack. Of never having enough or being able to give my kids everything that I want to give them. I swore when I was younger, that I would be able to raise my kids in a certain way and that money would not be an issue. I didn't realize that I had some serious limiting beliefs about myself and about money that were going to plague me as I raised my family. I learned all about limiting beliefs in this amazing book, *The Big Leap*, by Gaye Hendricks.

Now that I am aware of these issues, I can take that feeling of lack and bring it into a more positive feeling of excitement and hope for the future.

So here was my thought this morning. We have both of our boys in year round competitive swimming and between the dues and the meets and the equipment, we invest a large part of my

income in this activity. They are both also active in Scouts. This morning, I realized that Boy Scout dues were coming up and out of nowhere, I had this thought:

"We can't afford to do both scouts AND swimming". Now because I've practiced this better feeling thought technique so much, I was immediately able to stop myself and say, "YES WE CAN".

But here's what went through my head without me even having to think it.

We can't afford to do both scouts and swimming.

That thought feels pretty bad, and I don't like it. Even now just saying that makes me feel a wrench in the pit of my stomach. And I don't want to feel that way. So now I'm going to find a better feeling one.

But both scouts and swimming are important.

Now I haven't solved anything but this thought that both scouts and swimming are important makes me feel a little bit better. I know that it's important that they stay active in both activities.

So now, I can go to an even better feeling thought like:

You know what? We've always managed to pay for both activities.

So, now I've moved to feeling like we've had some success in the past juggling both financial commitments. And that makes me feel a lot better.

Now I can think:

Scouts really isn't even that expensive. The dues only come once a year and the camp outs cost really very little.

So now, I feel even better about it because I've reminded myself that scouts isn't really that expensive.

I've gone from feeling a real sense of lack to feeling confident and good that we can pay for both activities.

Now, I still haven't solved the problem of where I'm going to get the money, but I no longer have that gut wrenching feeling. I know that we will figure it out, and that it will be ok. That's what the Better Feeling thought technique is all about, just feeling better. And when you feel better, your head is clearer, and it's easier to address the problem and come up with a solution.

You can apply this technique to any feeling you are having right at this very moment. The key is to train yourself to notice your thoughts. There is a part of ourselves that is THINKING our thoughts, and then there is the part of us that is AWARE of the thoughts. It's the part that is the awareness that you want to connect with. When you do that, noticing your thoughts becomes easier and easier.

So when you are feeling bad or slipping into a negative way of thinking, you can stop yourself and go through the Better Feeling Thought technique. The beauty in being able to find better feeling thoughts is that when you feel better, you can see things with a clearer perspective and you are in a better position to then make a plan or find a creative way to overcome the challenge you are facing.

The more you notice your thoughts and practice the better feeling thought technique, the easier it will become. It will get so easy that it will take only a few seconds or even an instant to feel better. Then you can really live a happy life no matter what is going on around you!

So here's what I want you to do right now. Think about something in your life that is bothering you or causing you feelings of lack or stress and leave your thought in the comments below. Then let's help one another find better feeling thoughts in our replies.

Part of this better feeling thought technique is also filling you mind with good, positive, confidence building thoughts like you can find in my 6 week series of Always Brighter Affirmations. It's absolutely free and will give you the road map to rewiring your brain to have positive thoughts at its fingertips. I do affirmations and visualizations every morning and notice those good thoughts will pop into my mind just when I need them most.

If you'd like to join me, just drop in your email down below and I'll send you the Always Brighter Affirmations so you can get started!

Thanks so much for watching and I'll see you next time on The Brighter Side.