

How I Got To Control My Own ‘Thoughts’



Paul Wilkins*

A Member of NHS Research, UK

Submission: September 19, 2017; **Published:** September 20, 2017

***Corresponding author:** Paul Wilkins, A Member of NHS Research and have had lots of my different types of creative writing published in ‘United Press Ltd’, ‘Xlibris Publishers’ and quite regularly, an average 2 poems a month, in ‘The Blackpool Gazette’ local Newspaper, UK,
Email: creativewriter@virginmedia.com

Opinion

For years I had had all sorts of psychological/thought problems, but when in hospital suffering some stress via lots of confusion at work, and socially, a coincidental event or so where to take place to help me get better in a different way to Health treatment and medication.

I one day alone in a room had just finished on a sheet of paper writing out a positive affirmation of a sentence, when I was made to without thinking – just automatically – slam my book shut, in a panic, when I was distracted by hearing the room I had been alone in door open – someone coming in.

Just after slamming my book shut, and easing off from being made to jump, I noticed the affirmation of a sentence come automatically back to my mind again – without me needing to look where I’d wrote it again.

Having this taken place, I thought ‘Oh it looks like that affirmation is now secure in my mind’ ‘It might go to my subconscious/back of my mind if I don’t for a while look at it wrote in my book, which would bring it to the front of my mind again?’

Later on in the day I noticed my affirmation was still able

to be recalled by me quite easily, still stuck on my mind, which I thought was a good sign.

Thinking about how with this affirmation stuck on my mind I would have a thought to ease off with whenever I had too much trouble in other areas on my mind, I twigged the most intelligent fact I’d had for quite a while, which was:-

- a. I was not to tell anyone else what my personally made up and secured in my mind positive affirmation was;
- b. If I did each time it came to my mind it would be distracted by the thought ‘Like I told.....’
- c. If you excuse me I’m not going to tell you here and now what my positive affirmation - now positive thought stuck in the back of my mind/subconscious - is either, or each time it comes to my mind in the future it will be distracted by the sentence ‘Like I wrote/typed up in my explanation/publication of discovering it’.

I think every personal thought counts/has a large effect on what I’m like.

(C) Paul Wilkins 05/04/2009



This work is licensed under Creative Commons Attribution 4.0 License
DOI: 10.19080/OAJGGM.2017.02.555594

Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>