

WHAT YA THINKING

I have power over my thoughts!!

What ARE You Thinking?

Lesson Summary

Teacher: 30 Minutes

This lesson is about recognizing a liberating fact: our thoughts do not always originate from us, and we have the power to control them instead of allowing them to control us!!

Define it:

Inside every person's brain, mental processes occur. They can happen in response to something or because it's part of the brain's activity. These processes are called thoughts and don't need stimuli, but they mainly occur from our experiences. Whether it's a real experience or a perceived real experience, they constantly happen, even when we are asleep.

Thoughts can be a product of conscious or subconscious processes and are only real to the extent that we make them real. There is a saying that many people use, "A person's perception is their reality." It means that there may be a truth, but whatever a person believes and holds onto in their mind is what becomes the truth for them. The brain is so powerful that it can cause a person to think that something that is not real is real.

Let's Look at an Example.

The Beautiful Mind is an old movie. In the film, a man is, by all observations, a brilliant person as he is a college math professor at an esteemed university. However, the viewer doesn't realize until the end that (SPOILER ALERT!!), most of what we are watching—the entire movie, in fact—is a fabrication of his mind. It is a combination of illusions and hallucinations that appear real to us and are real inside his head. And it is a true story...that's the power of the mind!!

Let's Look and Discuss.

When we realize how powerful the brain and the mind work, we must respect it by taking the time to understand its power so that we know we can control it and bring it into submission!! Why is it important to have power over your mind? Because, as referenced in the movie, it can overpower and control you.

- Sometimes we give our power (our emotions) to someone in a close relationship with us, but they don't have mutual respect and understanding of you. Instead, they may try to control you or manipulate your feelings. Run away from this type of relationship!

Let's talk about how it can overpower us.

It can overpower us by creeping into our expectations and making us think we are entitled to something we aren't. For example, let's say you have a crush on someone in your school. That person has no idea that you like them. You may expect them to notice you or even become sad or disappointed when they overlook you or don't ask you out. That person can begin to affect your entire day and mood, and they have no idea. That can be dangerous and even unhealthy for you. Expectations start when we allow our minds to create thoughts that we have not checked or approved. An unapproved thought is a thought that enters your brain and sets up residence without gaining permission!!





**Video and Discussion:
You Need to Leave That Unhealthy Relationship – 10-15 Minutes**

In the Video...

In the video, the author suggests how to begin taking authority over your thoughts. Think of a thought as a prospective tenant or a squatter like in Shrek. If the thought is a process that aligns with your goals and plans for your future, it can become a tenant there. It is a good tenant if it causes peace and safety and promotes health and growth because everyone initially wants to be healthy. Babies cry because they are hungry or wet. In other words, when we are born, the first thing we think and know is, “I need to be taken care of because I want to live and grow!!” That is evidence that we all want to live and grow!! So if a thought does not promote life and growth, it doesn’t belong in your head and doesn’t have the right to be there!! It’s a SQUATTER!! And it deserves EVICTION!!



**Your
Takeaway.**

I Have Power Over My Thoughts!



Student Thoughts on What Ya Thinking



I have power over my thoughts!!

Can you think of a few thoughts that sneak into your mind and try to set up residence in your head?

What steps are outlined in the video when a thought that is a "squatter" enters your mind?

1.

2.

3.

After you complete this assignment, take it home to remind yourself.