



Journaling & Graphotherapy

Write now with Aditi Surana
Free Anti Anxiety Journaling Workshop

DAY 6



Hello pattern breakers,

Every day while doing your dishes, browsing through your Netflix account, waiting for the compulsory youtube ad to go off & even while staring at your phone for eternity, you may have noticed a voice. Yes, a commanding, omnipresent, familiar voice in your head. No, I am not referring to God's voice. Your own voice. The one who is noting everything that is happening around you, capturing every minute experience that you come across. This so-called inner voice - the conscious - the observer, records and carefully stores your experiences in your memory compartments.

The only problem is, for some reason this observer becomes more powerful than he should. It becomes the real script writer of your story. It spends several hours putting filters on every single experience. It looks at your husband's reaction and puts it into the 'how could he?' folder. It counts all the chores that you may have genuinely enjoyed but still files it in the 'poor me' section, it looks at your brother organizing the cabinets well & shoves that in the 'I could have done it better (eyeroll) compartment.'

Unfortunately, the quality of our experience of life is determined by the quality of these filters. These are the platforms on which our lifelong belief systems are built. As kids we experience events & respond naturally as well as neutrally - without any preconceived notion, but as we grow up these filters become darker & darker. Then we keep looking at every event through our filters. We feel as happy or sad as our filters or our beliefs allow us to experience it.

Let's come to today's question: *What belief am I carrying about _____event right now?*





We all have a list of those monumental, decisive, dramatic events that we can't get off our minds. They leave such vivid memories as fresh as if they happened yesterday. Memories of such events freeze us, paralyse us, take hold of us. We succumb to our weaker selves and behave as if we have no choice. More often than not, we correlate our lack of composure to these dire events. We believe that our anxieties are the results of these unforgettable events. We take the liberty to blame all the elements & people who were party to it. The voice/ the script writer/ the belief maker creates and repeats a victim story. But is it really the event or is it the filter? Though we can't change the event that happened in the past, we can change these filters, the beliefs. With today's question, we are distancing ourselves from these captivating events and questioning the validity of our old filters & beliefs.

