

## Introduction

Most people, places, and things are neutral. It is our thoughts about them that create negative or positive feelings. In other words, being stuck in traffic can be very stressful for one person and only a mild bother for another.

This unit looks at managing self-talk or thought habits that are self-defeating or result in unwanted distress. It will explain how you can distract yourself from having thoughts that are more stressful than you prefer.

The motto in the “Thinking Differently” chapter is “I CHOOSE TO BE IN CONTROL.” In other words, I choose my thoughts and how much time I spend with my thoughts. It is as easy as changing one’s mind.

*The inner messages you tell yourself are frequently the real producers of stress, rather than the situation itself.*