

Taking Charge of Your Life

Living Life Well Post NPD Abuse

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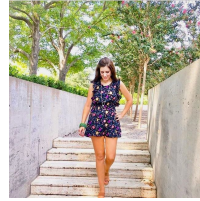
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How To Reset Your Mind by Jennifer Gafford

MINDSET



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Old Mindset

- I am broken and damaged
- I am not capable, I am afraid
- I am not loved or worthy
- I have no control over anything
- My life will never improve

New Mindset

1. **I am recovering and doing my best**
2. **I am capable, I am bravely trying**
3. **I am loved and worthy of being loved, known and respected**
4. **I may not have control over everything in my life due to external forces but I do have control over me**
5. **My life is headed in a direction of good; thriving goals and happiness regardless of the naysayers I come in contact with**

Remember!

Resetting your mind is a process. It is not an overnight feat so do not beat yourself up or set unrealistic expectations if change does not happen immediately. Instead look to patience in the process. Be gentle with yourself. Treat yourself with compassion as you would a child. Tap into your inner child with all his or her wounds and acknowledge the hurts you've incurred along the way in life that affect your thoughts. The exercise of resetting your mind is a daily one where when a negative thought comes into your thinking you immediately and gently acknowledge it's falsehood and then replace it with the true positive one. *Copyright 2020*