

I remember the first time that I met my mental health doctor he asked me to tell him what I was feeling. I sat there for what felt like forever and finally replied that I did not feel anything at all which was the only thing that I could come up with. Thinking back I realized that a very simple question required a rather complex answer.

The goal of this post is to come up with a list of examples of answers that I could have used when my doctor asked that simple yet very important question.

1. I feel that I am watching my life like it is a movie. Trapped in a theater seat unable to change the outcome of what is taking place in front of me.
2. That I am dying. That pieces of my soul are slowly leaving my body and soon there will be nothing left of me.
3. That I am in a battle for my life, a life I have no interest in saving.
4. It hurts. Every aspect of my life is being ripped away and there is nothing that I can do about it. Trying to put a smile on my face feels like I am stabbing myself in the heart.
5. I am tired. Seems like every waking moment I am battling against the negative thoughts that are rushing through my brain at an unbelievable rate of speed. I just want it to stop. I just want to close my eyes and make it all go away.
6. Nothing. I am not happy and I am not sad. I am no longer a human being but a machine that is stuck going through the motions.
7. I can't see tomorrow. It is like my entire future has been erased and the only thing that exist is the hell I currently occupy and this will be my life from here on in.

Lots of different answers to one simple question. Take care.

Your Mentality Equals You

Written by: Jephthah



Image courtesy of [sr2conclave2008](#)

Have you ever ask yourself this question, what do you perceive yourself as? Do you see yourself as an individual that has the potential to be successful in life? So, is your brain a toxic shell, containing loads negativism that leads you to failure? Or is your brain a mega powerhouse full of positive thinking that eventually help you to become a successful, healthy individual?

Perhaps we had too many setbacks and failures in life that made us who we are today. The experiences we had gone through might have shaped our mindsets. As a result of our past bad experiences, our brain might have developed toxic mindsets that kills positive thinking and hinders the development of a healthy self image. Let me ask you again, what do you really perceive yourself as? I found that to have a healthy and confident life, you need to have a healthy perception of your own self.

The 3 great evils in our generation

I believe strongly that every outcome in our lives can be traced back to what kind of mentality and mindsets in our minds. There are many evil mindsets that I have seen in this world. There are simply too many of them, thus today I will only share with you the three most evil mindsets that a person can have.

- **1. The poverty mindset**The first one of them is this mindset known as the poverty mindset. This mindset is the most toxic of all. This mindset tells you that it is totally alright to be contented with what you have even if you are now living in poverty! I've seen many people that have this mindset and they refuse to do nothing about it! The poverty mindset had stolen many people of their talents and gifts. Due to having a toxic mindset as a this, many people had wasted their youth and life away by sitting back and doing nothing to reach their destiny in life!
- **2. The "I am worthless" mindset**The next evil mindset that a person can have is the worthless mindset. This mindset tells a person that he or she is unworthy to be successful, dare dream big, to be give a chance to soar high in life. This toxic mindset traps a person with the illusion of what makes he or she worthy to be successful in life. A common personality trait that relates to this evil mindset is low self esteem. This mindset is a sheer killjoy and a dream crusher of many young talented individuals such and yourself! Because people think that he or she is unworthy to enjoy great rewards and fullness of life.
- **3. The unwilling mindset**The last mindset is also of great evil. This mindset is known as the unwilling mindset. Basically this mindset tells you that everything in life had to be perfect and it is not necessary to take a risk. It also tells a person that it is better to play safe than to venture into the unknown. Many people with with great entrepreneurial dreams failed to make their dream into reality due to this evil. Many people that had great visions and dreams failed to fulfill their destiny because their mindset told them that it is dangerous to take a risk for a chance in life and it is much safer to just simply to remain in where you are in life.

I once had a friend who had been so stuck up at his job that he didn't want to look for a better job despite of the fact that he had over worked himself and was badly underpaid.

He had been complaining to me that about how badly his managers had been treating him and the long work hours had drained him away from his social life. I gave him a piece of advice and told him to look for a better job. I even offered him some better paying jobs that I had found through the classifieds but he simply rejected them all.

To my surprise I asked him why.

He reluctantly told me that he was afraid what if all positions reject him and he would be out of job. He also complained to me that this is what the world offers and we have to be contented in our given situation (*poverty mindset*). He also told me that he will risk himself in losing his current job (*unwilling Mindset*) and he is not good and talented enough to qualify for a better paying job (*worthless mindset*).

But the truth is that it is a big world out there full of opportunities and chances! One sad fact about many people is that they had been too comfortable to stay in an uncomfortable position rather than to venture for new grounds to start a new fulfilling life. And sadly again I had to repeat myself with this statement that many people had unknowingly wasted their youth and life away by sitting back and doing nothing to reach their destiny in life!

Let us have a healthy mindset!



Image courtesy of [macb3th](#)

If you happen to have any mindsets that falls under one of these categories, I strongly urge you to filter them out of your mind. From this moment, I urge you to have a right mentality that you can be successful!

I have one philosophy to share with you guys, that is you either make full use of your life or you simply waste your life away.

God had created the human kind to be fruitful and to multiply. God didn't say that he have created you to waste your time and be unfruitful. God didn't told Adam to laze around in the garden of Eden. He had instructed Adam to be fruitful and multiply!

I want say that all of us deserves a right and a chance to be successful in life. No matter who you are or how old you are, let us be bold enough to go after our destiny!

Here's one fear which I am certain that many of us have, and that is the fear of going on forward and being felt constrained by the "thorns of our flesh" that we face – most of the time brushing it off and generalizing them as "bad habits".

Self-imposed restrictions (effects of personal judgment)



Ever heard someone constantly talking about how they won't be able to achieve anything of significance that they can be proud of due to the stuffs that they faced? Some examples would be like the lack of resources, lack of formal education, lack of networks, stammering, and eventually feeling like a walking dead-on ringer for a complete failure.

Know anyone as described in the previous paragraph?

Do you also know that by saying all that as mentioned in the examples above, they too have structured up a wall of self-imposed restrictions to block themselves from going one step further to become closer to their desired dreams and goals. That is especially for those who can't give a logical explanation to why they had thought of themselves being lack of the many things that we all could have.

However, given that the person can make full sense of his explanation on lack being a disadvantage and that he or she too have a physical setback like walking with a limp, stammering, being slightly slower in work, or even unable to count or write properly, anything else apart from that are just effects of personal judgment.

As mentioned at the very start of this article, the people as described here so far do feel constrained and here's the bad part: in order to make themselves feel a little bit better, all those things that they face are continuously swept aside and called as their own "bad habits".

What makes it worse is that we can spend tons of productive hours pushing the blames on mistakes or inability to find a breakthrough to improve on our quality of life onto those bad habits, and use up countless more hours to battle them – most of the time in despair, leading themselves no where further but back at square one, and then feeling bad again for having the "thorns in their flesh".



The real "bad habits" (counter these instead)

Guess what. It would be better if we took the battle against the real "bad habits" instead. And, most of the time we would already know what they are in the first place, but didn't take them into consideration as being another root area where if we have victory in, the rest of the stuffs that we are lacking in or our physical setbacks will have minute attention on us.

I have noticed when I talk to certain people about their problems faced, and one thing all of them have in common is that they will *agree* to an absolute extend that their problems are unsolvable, and *acknowledge* unwillingly that they can't do anything about them. That's not it, they too will in different ways, continuously do that in a short span of time, repeating the negative issues over and over again because it is a huge reality in their lives.

The act of continuous and repeated acknowledgment over the reasons to their difficulties is a bad habit on it's own, and such individuals almost never consciously noticed themselves doing that at all. This act too being done so extensively had

allowed themselves to be totally shut off from getting any positivity back into their lives – maybe yes, but at microscopic proportions.

At one extreme, a friend would say something good to the person, but he or she will think otherwise; “heard this, doesn’t apply to me”, “why should I listen to you”, or “I can’t have a good day with this going on in me”.

Come on. Let’s go against that bad habit of consciously agreeing and acknowledge facts that though we have areas that we are weak in, along with the untruths that those problems have diminished chances of having a better future.

To make it simple: deal with the bad habit of self-doubt.

Fear of downfall (self-doubt)

Face it. That the reason why there are people out there who have that bad habit of self-doubt is due to a fear. Let’s call it a *fear of downfall*.

This is rather interesting as we would not exactly know what our future will be like! We can always make plans, set goals, and think of how we are going to be like 5 years into our future, but to just prepare ahead by doing things that would be of value today and down the road.

However, the ones who have a fear of downfall – though with dreams larger than themselves and have desired for better things in life – have a strong tendency to prepare only for the normal, and talk about the worse, then spend most of their time in a vicious cycle trying to get rid of that “thorn” or channeling their energy into some other distractions.

All human situations have their inconveniences. We feel those of the present but neither see nor feel those of the future; and hence we often make troublesome changes without amendment, and frequently for the worse.

- *Benjamin Franklin*

Fear of downfall is something that can be fought and won against. This is an area where [despite our limitations](#), we too still can be built up and strengthened by defeating against such a fear.

Testimony from Daniel (winning despite having Tourette syndrome)

My story - hence the name mentioned in the sub header.

As you know, I am the one who started this blog with my friends at the beginning of this year. Prior to that, I was never sure of myself and had been disappointed many times ever since I was much younger as I have this thing, which I learned through one of my friend late last year, called [Tourette syndrome](#).

Tourette syndrome in short, refers to a neuropsychiatric disorder that is characterized by visible motor tics such as blinking, coughing, twitching, to phonic tics such as producing involuntary sounds from time to time. This symptom is present in a small minority of people. Most cases, such as mine which visible facial tics are seen at periods of time, are considered mild and requires no medical attention.

Even though Tourette syndrome is related to neurology, people who have this have a normal life expectancy and intelligence.

But of course, being in a small minority may have its difficulties, especially when I was younger. It sure was weird feeling out of place. There too were times when people who are closer to me wanted me to be more “normal”.

It was such a repeated occurrence of discouragement and personal judgment of being not normal that got myself to step out of the uncomfortable zone and go on into a comfortable level by being out of a social circle.

The first job that I had right out of the secondary school was to be working as a data entry clerk, which only required me to sit in a back office and do the accounts and enter in the returns at the end of a work day. I recalled that I wanted to carve a career in web programming (with lesser face to face interaction with people) and had aligned my tertiary education to go for a diploma course.

And such it went on that the lesser time I get to be with people apart from my friends, the better life should be – that was what I felt.

Fortunately, things took a turn as I started to develop skills and talents in areas that I never thought could have flourished on my own strength, such as encouraging others, or writing, and even talking to people.

I never once knew that I had could have opportunities years ago, suddenly became evident as I started to have some personal milestones that I am glad to have, such as being offered jobs that was paying more than \$3k even before I graduated with a diploma, being in the presence of managers to CEOs, and now having this dream of *winning everyone* through building one another up with encouragement, empowerment, education, and just being who I am.

More so when I have had encounters where there were people who came up to me and confessed of their wrong doings and seeking forgiveness through Christ. The interesting part was that the only time anyone would have known that I am a Christian is through this blog, and I certainly hadn't tooted the horns to them ever before.

Of course, all of these things would not have started until I realized the fact that I was dealing against the wrong "bad habit" all the while. It was not Tourette syndrome that I should put all my energy into dealing with, but it was the other root issue that all of us have and might had ignored once a while: it is the issue of *confidence*!



The issue of confidence (building confidence up to fight fear of downfall)

Confidence, in this article, is defined as the belief in one's own self. For this case, we shall be more specific and let you know the 3 simple ways to use confidence to fight against fear of downfall (which is the bad habit of self-doubting).

- **1. Creating a new habit of building your self-confidence level**

This may take sometime getting used to, but creating a new habit of increasing your self-confidence level is something that would help in the long run. The thing is that you have to take time out to actually do something valuable in enhancing the environment around you, to allow your self-confidence level to improve.

Surround yourself with positive people... wait, let me rephrase that.

Get into the lives of positive people, read people development blogs and books such as [Winning Everyone](#) (that would be us), and apply lessons learned and start accomplishing tiny goals that will build up your self-confidence level.

- **2. Stop "back doubting" yourself**

"Back doubting" is a term that would be defined as an act of backing up one's doubts with more reasons – where those reasons contribute only to make the person feel worse than before.

Time to stop all the "back doubting" and start to challenge yourself with achieving small goals that can be done given a short frame of time.

- **3. Increase your vocabulary and start encouraging others**

Build up on your vocabulary daily and straightaway applying those new words into encouraging one another. Of course, learn words that have a positive association such as, “great”, “awesome”, or “fantastic”, which you can immediately use it to praise your friends or thank God for your day.

An increase of vocabulary will also allow you to be more specific in sharing your thoughts with one another.

As your level of vocabulary increases, you too will definitely grow bolder and become more daring to start be a strong encouragement to people around you!

3 simple and effective points to fight against that bad habit, and grow at the same time! That’s all it takes. All one need to do now is to apply them together.

Applying them is also simpler than expected! Well, being a Christian myself I have the liberty to pray / worship to a God in private, and use those encouragement words and thank God for specific things that happened during the day. This was how I had started off in the beginning after realizing the power of encouragement working in my own life.

The new good habit of doing that led to an increase in boldness, which allowed me to freely send a text message online to friends and encouraging them through web media, and also getting to exercise verbal encouragement by speaking face-to-face with people.

That’s right. Build up your confidence and win against the fear of downfall.

As I end this article, I would like to give you a word of encouragement while battling your own personal difficulties and bad habits of self-doubt. Like how my friends too had played a huge part in building my life up with simple activities and words that helped in my breakthrough in confidence despite limitations, I am sure that you too will find your victory.

Let’s build a life with new habits and confidence – and of course, *build others up* while your at it!

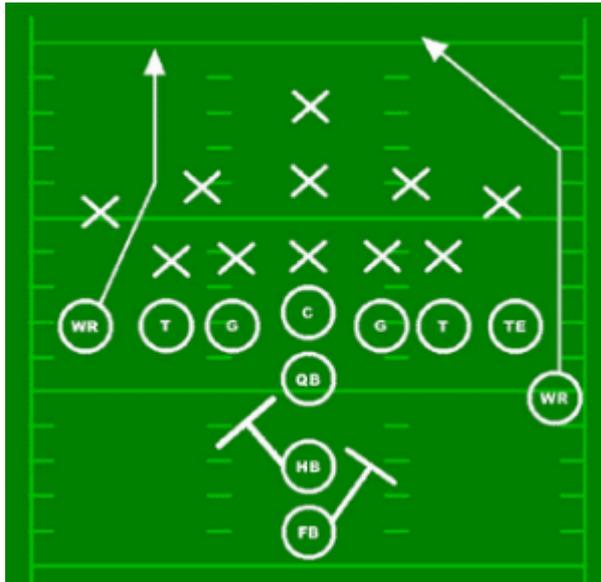
If you liked this article, do help with a vote and share (forward) this post to your friends, and do [subscribe to our RSS feeds too](#). Thanks for the support!

Popularity: 42% [?]



[Why You Need a Plan](#)

[Bryant](#) September 10th, 2008



I didn't feel like running tonight, but I went out and ran 5 miles anyway. Why would I do that? It all starts with a goal. One of my big goals is to run a marathon so I've signed up for the Disney Marathon in Jan 09.

But just because I have the goal of running a marathon, that's not the real reason I ran tonight. Because a big goal (even an inspiring one) is not enough on its own especially when it's still six months away.

The real reason why I went running tonight is because I have a plan — a running plan that is. Once I decided that I wanted to run a marathon the next step was to develop a plan of how many miles I need to run each month, week and day to be able to run a marathon in Jan.

Luckily, such plans already exist and I didn't need to create one myself. I chose [Hal Higdon's Novice 2 plan](#) which has been used by thousands of runners to successfully finish a marathon. So I know that if I can **consistently** stick to the plan then I can make it to the finish line.

That is the real reason I ran tonight. I wanted to stay consistent and follow my plan. And that's why for any goal that you're trying to hit, you need to develop a plan that you can commit to. A plan tells you how to get to your goal and breaks it up into bite-size chunks so you know that as long as you do the chunks then you will hit the goal.

It all sounds so simple...doesn't it? Well not always. This works great for goals like marathons that can easily be planned, but what about goals like growing your business or creating a new product? How do you create a plan for those?

I think these things are harder to plan for because there are more moving parts and the path to the next step is not always clear (do I hire more? focus on sales? which product should I design?, etc). All that said, a basic plan can be developed such as I'll take Tues and Thurs to make sales calls from 8-noon or 3 hrs on Fri to brainstorm a new product.

In these scenarios when it's not clear if the plan will move you closer to your goal, you have to measure the results of your plan and then change it if necessary. But at the very least a plan forces you to think about achieving the goal, and gets you taking action in one direction. You shouldn't wait for the perfect plan. A decent plan is better than no plan at all.

At the heart of many of the “success” books (like [Covey’s 7 Habits](#)) is setting up a Sunday planning session to design the week ahead and be sure it aligns to your goals. I think this is a great idea though it’s one plan that I’ve had trouble sticking to 😊

A good plan, violently executed today, is far and away better than a perfect plan tomorrow.

-George S Patton

There are many ways to insult someone with depression, without even trying very hard. The best way is to give them some unsolicited advice. Something that you think is simple, yet profound, and potentially life changing. But said in ignorance. Nothing cuts deeper to someone with depression, than when their illness, which is serious, is trivialized by another who doesn’t understand it.

Here are some of the terrible things that people say:

“This is what life is like. Get used to it.”

“Life isn’t meant to be easy.”

“Just snap out of it!”

“Pull yourself together.”

“Who said that life is fair?”

“You just have to get on with things.”

“At least it’s not that bad.”

“Stop feeling sorry for yourself.”

“You have so many things. What do you have to feel down about?”

“You just need to cheer up.”

“Quit trying to be a martyr.”

“Stop taking all those medicines.”

“I know how you feel. I’ve been depressed for whole days at a time.”

“You don’t like feeling that way? So change it!”

These are my favorites:

“What you need is a good kick up the backside.”

“Go out and buy yourself some clothes. That will pick you up.”

“Are you sure you don’t have a mental problem?”

“How about I cook you a good meal. That will make things better.”

“Have you tried acupuncture?”

“Get a job!”

And the all time best:

“Why don’t you try not being depressed.”

[Here is a list of the best things to say!](#)

A recent post was titled [Ways to Insult Someone with Depression](#). This post is the flip-side, with things to say that are helpful.

1. Be On Their Side

- The depressed person will often be defensive, so an accusatory tone is not helpful. Try to convey a sense of understanding. It isn’t helpful to say “Why can’t you just get out of bed?” Instead try “You seem to have trouble getting out of bed in the mornings. What can I do to help you in this area?”
- The person may have lost perspective on how big a problem actually is. They will find it hard to hear that what is insurmountable for them is actually not

such a big deal. It is unhelpful to say “What’s your problem? You’re upset about nothing.” Instead try “You seem to be finding this issue a big deal at the moment. Can we solve it together?”

- When I was very sick, I often thought that my wife was trying to ruin my life. To counter that kind of thinking she would often say “We are a team. I am on your side.”
- Depression is an awful illness, a whole world away from pure sympathy-seeking. So you should treat it as such. “I trust you. If you had a choice in the matter you wouldn’t choose to have depression. How about we search for some solutions together?”

2. Give Plenty of Reassurance

- Many people suffering with depression feel unworthy of being loved. You need to reassure them frequently. For example “I love you for who you are. I am not going to leave you.”
- In a similar vein, they may have lost the ability to recognize their positive attributes. You might reaffirm them with “You are a sensitive person who cares for others” or “People really love you a lot. They think you’re a great person.”
- If said repeatedly and with absolute sincerity then it is helpful to say “If you ever need a friend, I am here.”

3. Give Understanding and Sympathy

- People with depression can spend a lot of time ruminating on their situation and feeling sorry for themselves. Pointing it out to them is not helpful. Instead, try to sympathize.
- “I can’t imagine how hard it is for you, but you have all my sympathy.”
- “All I want to do is give you a hug and a shoulder to cry on.”
- “I can’t honestly say that I know how you feel, but I want to help in any way I can.”

4. Offer to Help

- “Let me do anything you need me to do to help.”
- If you ask “What is the best thing I can do to help you right now?” don’t be offended if the reply is “Leave me alone”. Sometimes, that is the most helpful thing you can do at present.
- Well meaning people often attempt to immediately fix the problem. “Have you tried aromatherapy? There was an article about it in the paper...” . This kind of comment can come across as trivializing the illness. If you want to introduce a treatment idea, make sure you are respectful about the seriousness of depression. “It’s important that you stay on your medication and keep seeing your doctor. I’ve found some information on aromatherapy. Would you like to look into it with me?”
- While it is important to accept the person in the state they are in, don’t let it totally consume your life. Otherwise, you’ll fall in a heap and won’t be much help to anyone. You need to take care of yourself. “I am committed to you and to helping you. But I also need to eat / shop / go out for coffee / ring a friend / see a movie to recharge my batteries. Then I can look after you better.”

Please add anything else that you find helpful in the comments.

Knowing how someone wants to be loved and then providing that love are two separate things. Sometimes marriages and other relationships end because either one person does not understand how to meet the needs of the other; or one partner refuses to meet the needs of the other.



To love consciously is a choice. Mary Beth and I often say being married is very similar to having another full-time job – you get out of it what you put into it. Our marriage is like a savings account. My wife and I make deposits into it never expecting we may need to make a withdrawal. However, when we do request a withdrawal there are no associated penalties.

Yes, we argue over the temperature in the car or who really forgot to feed the dog, but when it really matters; when it really counts, we make the consciousness choice to give each other the love that is requested and needed.

With over 23 years of marriage under our belts, we have found the following strategies work best to love intentionally; to love authentically and to love consciously.

Show Appreciation

A simple “thank you” in response to a trivial or ordinary item can make a significant difference. It only takes a few short moments to utter these two words, but the impact can be felt for a very long time.

Showing gratitude is also the best strategy for ensuring the things you are most grateful for continue to happen. When we stop and tell our partners what we are grateful for, we are also telling the Universe. By making the effort, the conscious decision, to express our thanks we are in a better position of receiving more of *it* in the future.

If you want your partner to be grateful, it starts by you showing gratitude, first.

Be Happy, Not Right

Here’s a question for you, “Would you rather be right, or happy?” Too often our pride and egos can keep us from enjoying intimate relationships. We stew over what we think are injustices, but are perhaps only misunderstandings.

We carry grudges and do not show enough grace, passion or forgiveness to the person we care most about. Our need to be right can overshadow our need to receive, and give, love.

Take a look at what your pride is costing you. If intimacy is strained and the relationship is off track you may want to reconsider the value of your anger or self righteousness. **Here’s the thing:** You may be right in the argument although you partner thinks otherwise, but you will never be wrong when you put your partner first. Happiness always feels better than vindication.



No Day But Today

What would you say to your partner if you knew this was the last day you would be together? Would you complain about the television being too loud, or would you remind your partner of their value and significance?

Life does have an expiration date. This isn’t meant to be a downer – just a reality we all share. It’s what you do with this information that will make the difference. While it’s very difficult to sustain a high-level of connection and passion on a day-to-day

basis, there are some simple things you can do to convey your partner's importance to let them know they are important today:

- Kiss your mate at least twice a day
- Leave a quick note just to say "hi," or "I love you"
- Never do anything you wouldn't want your partner to know
- Be fully present when they need to talk or share something important
- Make the effort to spend some time together each day
- Give a compliment
- Make your partner feel important
- Smile

No Judgments

Judgments are often times rooted in perception, not reality. Judgments are also a piece of how you see the world, not the way the world, or in this case your partner, actually exists.

The harm with judgments is resentment and anger are typically the outcomes – not the change that is expected. When a judgment is made, there is an implied belief the behavior or trait being judged should be corrected. However, the person receiving the judgment does not always share the same expectation.

As a result, communication is impaired, connection is deteriorated and conflict ensues. To love deliberately and consciously requires loving your partner with a different filter – a cleaner filter that does not have the residue of past containments.

Be Aware of Your Own Thoughts & Feelings

Loving authentically is dependent on loving yourself, first. Before you share love, and share yourself with someone, it is important to beware of what you want. Reality suggests, however, we fall in love and begin relationships *before* we have a clear idea of our own true feelings.

When this happens, there is still plenty of time to discover your needs – this is called growth. Give yourself opportunities outside of the relationship. Build friendships and pursue interests on your own.

A good relationship exists when both people can live without the other, but choose to be together. A relationship built on a foundation of sharing different interests cultivates more life and depth into it.

You own your thoughts and feelings. These make you unique and keep you grounded with who you really are or growing to become. By doing so, you are in a much better position to love freely and honestly. Nature has a way of taking care of those things we put the most energy in and want to grow even stronger.

Loving Consciously

The power of love extends its reach when we will love intentionally. Real love, authentic love, springs to life and is sustained when we make the choice to feed it with our deliberate passion. Our souls are nourished when our partners realize we know how to love them.

There will be a day when I no longer share this life with my wife. When that day arrives, my hope is she will know my intent was to discover exactly what she wanted and my conscious choice was to give her more of that.