

**Baystate Coaching for Success**  
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How many times do you find yourself ruminating over an incident in which you felt wronged? You just cannot get it out of your mind, thinking about what happened, having a conversation with yourself about how right you are and what you so want to say, going to sleep thinking about it and awakening with the same thoughts.

These thoughts close off positive energy.

How nice it would be if we never had negative thoughts but we do and will, so learning ways to avoid ruminating over them, causing stress or resentment is the challenge.

**Lower Your Expectations**

Your expectations of others and circumstances can leave you feeling disappointed and stressed. If someone has disappointed you in a big way or has done so repeatedly, you can decide how to approach your expectations of that person for the future. Lower your expectations; decide you cannot depend on this person or trust in the way you might have wanted to. Challenge yourself to still maintain a relationship with this individual based on the reality of what you can expect.

**Become Humble**

Recognize that what you are ruminating about might suggest you are being intolerant and judgmental. If you can remember that you too are not perfect and have wronged others knowingly or unknowingly you can let go of those negative thoughts more easily. What if being right is actually not that important? Humility can allow you to become more forgiving, accepting and tolerant.

**Let Go of Control**

Yes, your ruminating thoughts may suggest you want to control how others behave or the outcome of a situation. Rather than controlling it, have faith and trust that it will work out however differently than you might have planned, needed or wanted it to. There is an alternative outcome or way that can still be satisfying and even better.

**Replace with a Mantra and Visualization**

One of my favorites is from Elizabeth Gilbert's book *Eat, Pray, Love...* "*I will not harbor unhealthy thoughts anymore.* She follows it by visualizing her mind as a harbor, a place of refuge, a port of entry in which her mind is an open bay plagued with ships that cannot enter as hers is a peaceful harbor. Only those thoughts that abide by her new laws of entryway can enter otherwise they go back to sea.

You can select your thoughts the same way you select other choices!

### **Create a Project**

If you find yourself thinking and caring about things that you really do not want to waste your time with then replace with satisfying, fulfilling and nurturing activities to put this energy toward. Maybe you need a big project or goal to throw yourself into.

### **Resolving the Conflict Directly**

I saved this one for last as you might think it is the obvious first choice. It is not always necessary to get something off your chest, or set the record straight or express your feelings, thoughts, needs and wants to the other. You can handle it internally yourself very often. But, if you so choose, you can communicate in a nonthreatening, non accusatory way. Describe briefly what it felt like to you and what you hope can change. Including your own contribution to the problem as well can offer an opportunity for a non-defensive response.

*“Rule your mind or it will rule you.” Horace*

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**Coaching** assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a **FREE consult**.

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