



What lies within our control?

Have you ever lain awake in the small hours of the night worrying about what people think of you?

Or second guessing why they said what they said and what you should do about it?

Or spent hours ruminating on the anxiety of awful things that have not yet happened...but they might?

Then perhaps this is for you.



We often use so much energy focusing on things that are not within our control, which can send our thoughts slipping into an endless, negative spiral.

What if we were to train our brains to focus on the things we **CAN** control?
What impact might that have on us?

Just maybe, we will then feel we are back in control of our lives. We will have more energy for what really matters.

With practice, and healthy coping strategies, we can retrain our brains to think differently.



If you would like to know more about how to do this, please email hello@daretosoartherapy.com