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By Eve Delunas, Ph.D. | Issue #7 | March 21, 2006



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This monthly ezine is sent to those who register at: <http://www.innervisionresources.com> and is intended to offer guidance in employing universal principles and practical strategies to create the life you truly desire. If you do not wish to receive this publication, please scroll to the end of the message and click on 'unsubscribe.'



1. AVOID GETTING SNARED BY THESE TEN THOUGHT TRAPS!

Do you often feel anxious, stressed, and worried? Do you avoid making big changes in your life out of fear of making the wrong decision? Are you feeling frustrated or hopeless about having the relationship, job, or lifestyle you truly desire? If your answer is "yes" to any of the above, then chances are you are in the habit of engaging in spellbound thinking.

In Ezine #5 (January, 2006) I wrote about spellbound thinking, which is how your mind keeps you in the negative spell of the past. Spellbound thinking is habitual, automatic, negative, and repetitive. These are the self-defeating tapes you play again and again in your head—tapes that tell you how you aren't good enough and never will be, tapes that compare you unfavorably with others, tapes that point out all of the reasons why you can never do, be, or have what you desire.

Spellbound thinking distorts your perceptions and activates your negative emotions by snaring you in familiar "thought traps" that imprison you with doubts and fears. Thought traps are negative or limiting beliefs and attitudes you acquired in your early years during difficult or painful life events. Depending upon the degree of trauma you experienced in your childhood, you may have come to believe one or more of the following:

- #1: I am unworthy. (I don't deserve to be happy, to be loved, etc.)
- #2: I am not good enough. (Not smart enough, successful enough, etc.)
- #3: It is essential that others approve of me. (I must please everyone all of the time.)
- #4: I am powerless. (I cannot stand up for myself, I am a victim.)
- #5: I cannot trust myself. (I don't know what is right or best for me.)
- #6: I cannot trust other people. (Others will take advantage of me or cheat me.)
- #7: There is not enough. (Not enough time, money, love, opportunity, etc.)
- #8: Life is a struggle. (It has to be hard to get what I want, I must suffer.)
- #9: It is not safe for me to be myself. (I need to pretend to be someone I am not.)
- #10: I am responsible for everyone else's happiness. (I must be everyone's caretaker.)

None of these is the truth about you! All are false beliefs your mind uses to hold you captive. As long as you engage in these negative thought patterns, you remain blind to your own potential and out-of-touch with your personal power, and you are likely to feel discouraged and hopeless.

Conversely, you can improve your life dramatically by avoiding these thought traps.

It only takes a little shift in your thinking to create big changes in your life!

How can you stop being snared by these thought traps?

First: Foster Inner Awareness . Begin to recognize when you have fallen into a thought trap. Then observe your thoughts and feelings, without judging yourself. Are you comparing yourself with others and deciding that you don't measure up? Are you feeling like a victim and blaming someone else for your unhappiness? Are you trying to please everyone else except you? Just being mindful of when you have been caught by a familiar thought trap is a huge step in the right direction!

Second: Find a Thought that Feels Better . Once you recognize that you are engaging in spellbound thinking, you can press the "off" button and either change the subject entirely in your head, or think of a thought that feels better on the same subject.

Third: Reprogram Yourself. Activate new, more positive attitudes and beliefs by doing the following:

a. Create positive beliefs, or affirmations, to replace thought traps. For example, instead of "Life is a struggle" you may wish to tell yourself "Good things come easily to me now," or "I attract my highest good, easily and joyfully."

b. Speak your affirmations and write them down. They should feel good to you as you say them. When you repeat them often you are actually using a form of self-hypnosis.

c. Look for evidence in your life that your new belief is true. Using the example above, look for any circumstances in your life in which you are attracting good things easily and joyfully. These may be situations that you would normally take for granted, ignore, or overlook.

d. Exercise the power of pretend. As you go about your daily life, act as if you already hold your new belief as true. Ask yourself, "How would I be thinking, feeling, and behaving if I already believed "Good things come easily to me now?"

e. Play with your imagination. Close your eyes and picture yourself in a brand, new reality in which your new, positive belief is reflected all about you.

**See my guided meditation called "Using Your Imagination to Change a Belief" for more assistance with this process.

Be gentle with yourself! Little by little, as you replace your spellbound thoughts with more uplifting ones, be prepared to experience some wonderful changes in your life. Chances are you are only beginning to discover the amazing potential within you awaiting your fullest expression!



2 . THIS MONTH'S SPECIAL OFFER



Buy a copy of Eve's book *Breaking the Spell of the Past: Entering the Joyous Now* and receive this **FREE GUIDED MEDITATION DOWNLOAD** by Dr. Eve Delunas:

Creating Your Heart Sanctuary 18:40 Music by Bjorn Lynne Cultivate a sacred space within for healing and transformation. Attain deep states of inner peace and serenity, and become more connected to your inner guidance. Train yourself to remain calm and centered regardless of the stress in your daily life.

**Recommended as an introduction to guided meditation.

This guided meditation is one of the exercises described in the book, *Breaking the Spell of the Past: Entering the Joyous Now*.

A \$23.95 value for just \$16.00!

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***Breaking the Spell of the Past: Entering the Joyous Now* yields powerful results:**

- Recognize the ways your past is holding you captive
- Stop self-defeating behaviors and make new, self-empowering choices
- Use guided imagery to access inner resources for healing
- Align with your spiritual essence
- Feel more peaceful, relaxed, and confident.

This handbook also provides detailed instruction in the use of 21 focused exercises so you can . . .

- Release worries, doubts, and fears

- Heal the underlying causes of your negative habits
- Transform your mood from dark and gloomy to bright and hopeful
- Live in the joyful present!

Proven strategies based on years of experience.

Dr. Eve Delunas has used these methods for 25 years with a wide range of psychotherapy clients, and witnessed the remarkable changes in people's lives that result from this approach.



3. ABOUT THE EDITOR/AUTHOR



Dr. Eve Delunas is a psychotherapist, author, and speaker who has trained hundreds of mental health professionals in the use of her life-transformative techniques. She has a private psychotherapy practice in Carmel, California. For additional information about the products and classes she currently offers, visit her website at:

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Eve welcomes your comments and questions.

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