



PsychoBabble!

Psycho-babble: derived from two of our favourite words, we not sure if you will actually find this word in the dictionary. So we will go ahead and give you our interpretation of what this newsletter is going to be about!

The human mind is so complex, so vast and such an interesting study that all of us are constantly trying to learn more about it!

So, we the Psychology Club will search high and low for articles that would entertain and enlighten you! For this we have chosen Psycho-Babble as a platform!

"Happy reading !

Happy thinking !"

Do you often ask yourself... Will I be able to do this??

When you doubt your power, you give power to your doubt!

This article has to do with ***self-doubt***, which we are diseased with most of the times..

It's a choice one has to make with anything in life: to either believe in yourself or allow yourself to be sucked into self-pity and feelings of self-doubt.

What is self doubt result in??

Self-doubt is one of the major obstacles to living the life you truly deserve. This unhealthy food for the soul drags down your spirit, crushes your ambitions, and prevents you from achieving all that you can. We all have those inner voices inside our heads that tell us we are



not good enough, not strong enough and incapable of doing the things we dream of. Often, these feelings of weakness or incompetence stem from childhood and become ingrained in our very being. Over time, self-doubt can lead to problems with anxiety and depression!

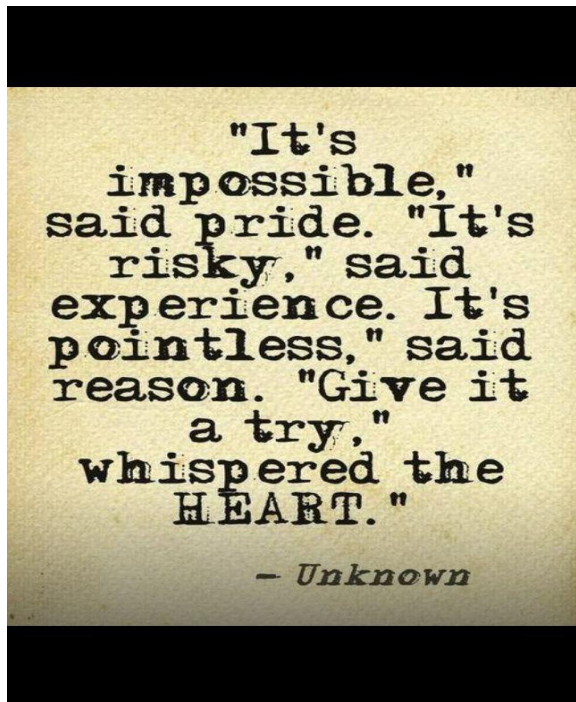
Muting the voices of self-doubt gremlins can be quite a feat. Here are some things that can help you trust yourself again when feeling defeated:

Live in the present

Most of the time, feelings of self-doubt are attached to memories of times in the past when you failed to achieve something or when somebody else told you that you were not good enough. Don't dwell on those moments. Try to ground yourself and think about the now. Just because you weren't able to accomplish something before doesn't mean you can't do it again. Every day is a new start and a new chance to go for what you really want.

Trust in yourself!

Sometimes we can be our own worst enemies. If you tell yourself that you cannot do something, then you probably won't even try it in the first place. Have faith in yourself, tell yourself that you are just as capable as the next person of achieving your dreams, and stop listening to the voice inside that keeps saying "I can't". What the mind can conceive and believe, and the heart desire, you can achieve.



Counteract the negative

At times it may seem as though the negative voices in your head are stronger than the positive voices. Try to be aware of this when it happens, and make a concerted effort to counteract these negative thoughts with positive energy. When you feel a negative thought coming on, simply remind yourself about the things you like about yourself, your strengths, and all of the things you have achieved in your life and are proud of. Try reciting empowering affirmations.

Find the source of your self doubt

If you find yourself constantly keep telling yourself you are not good enough, you may want to delve into the root of the problem. Where did these feelings originate? Was there a specific event that has

caused you to harbor such feelings? You can choose to do this on your own or with

the help of a professional therapist. Once you identify and understand the source of the problem, you can begin to work toward eliminating those negative thought patterns.

Spend time with others

Friends and family are an invaluable source of strength, reassurance and encouragement. In fact, studies suggest that people who have strong social support have fewer cardiovascular issues and lower levels of cortisol, otherwise known as the stress hormone, when compared to people with fewer friends. Even strangers can be surprisingly positive and helpful when it comes to self-doubt. Simply voicing your self-doubt to others can often put it in perspective and make you realize how illogical this negativity can be. In addition, other people can offer advice and support that will motivate you and give you a huge confidence boost.

You are a genius!!

Wouldn't it be amazing if you could rediscover the genius in you? The simple act of believing in yourself, trusting the process, and trusting that you will know what to do when the time comes can greatly relieve your self-doubt. Practice staying present in the moment and try not to regret the past or worry about the future. If you can do this, you may just see your genius reemerge.



Break the barriers of self doubt and let your self esteem grow!

<http://tinybuddha.com/blog/5-steps-to-deal-with-self-doubt-and-trust-your-self-again/>



“Why can’t things be the way I want!” This what we commonly complain.

In life, there are things we can change...and things we cannot. An example of the latter is what’s happening outside, right now. Is it hot or cold? Raining buckets or dry and sunny? By and large, we all know that we can’t control the weather, so we adapt. We celebrate a gorgeous day with a picnic or protect ourselves on a horrible day by closing the windows and staying indoors. If it’s hot, we can peel off some clothing...and if it’s brisk, we can layer up!

Sometimes, we must accept life on its terms, not our own. Life has a way of unfolding, not as we will, but as it will. And sometimes, there is precious little we can do to change things.

Be truthful with yourself about how you feel.

Whatever it is that you are feeling powerless about—getting a bad diagnosis from your doctor, having a mentally ill family member, hating how your muscles just aren’t what they used to be—it’s important not to pretend that you *don’t* hate it (because that’s denial, not acceptance) or to get stuck thinking, “I wish this weren’t happening” (because it is happening). Instead, find a way to get in touch with your true emotions. You just start writing about the situation and keep going until your words take you to the heart of the matter. At that point, if you need an emotional release—taking out your frustrations on a punching bag or having a good cry—go ahead. Afterward, you’ll be better able to figure out where to go from here.

Claim your responsibility.

Many situations that people label as being entirely beyond their control actually are not. To make positive changes, you first need to acknowledge whatever responsibility you may have for the situation. *Examples:* Suppose your doctor says that you have diabetes. That’s hard—but he’s been telling you for several years that you were prediabetic and needed to make significant lifestyle changes...which you didn’t do. Or suppose that you lost your job, and you have no savings. Yes, the economy is rough—but have you been as responsible as you should have been about your finances?

The idea here isn’t to castigate yourself, but rather to accept the degree to which your own action or inaction played a role. This allows you to see that you do have a measure of control. People have

this way of speaking about themselves as if they were like the weather, as if who they are and how they act is something they cannot change. “But the fact is, you *can* change yourself.” For instance, you can start now to make the lifestyle changes that will help you manage your diabetes well...you can educate yourself now about personal finances and draw up a realistic budget.



Stop trying to change other people.

Why? Because it doesn't work. For instance, suppose your son is a deadbeat dad who doesn't accept financial responsibility for his children, and the situation upsets you. You need to understand that you cannot force him to pay up and that you don't get to dictate how he lives his life. What you *can* do is accept that your son is an irresponsible jerk and

that your grandchildren need help—then figure out what role you want to take in the situation. If this means accepting that you are the one who must make sure that there is food in the house and that the kids have school supplies, so be it.

But don't stay mad. “Hanging onto your anger is like building a memorial to your wish that the other person would behave ‘properly.’ To let go of the wish and the upset it causes you, you have to accept that the other person is what he is, and then do what is right for you. You don't get to pick the situation, but you do get to pick your attitude—and that's what gives you power.”

Combine acceptance with integrity.

Getting to this point requires a close examination of your core values, what you most strongly believe about right and wrong. No one can figure that out for you, but to get the wheels turning, I suggest you ponder over the following scenarios

- Your father is an active alcoholic. He loves you and your kids. In accepting both those facts, what level of involvement do you allow him to have in your family life? There's a difference between not letting him drive home after he's had dinner (and the wine he brought) with you and his grandkids at your house...and not ever inviting him to dinner. Do you recognize that difference?

- Your sister has dementia. She's in a nursing home an hour away. How often do you need to go see her? She won't remember whether you visited or not—but that's not the important issue. What matters is who you want to be. If you're struggling to figure that out, ask yourself what level of integrity you'd want your own loved ones to demonstrate if you were the one with dementia.

“Acceptance means to stop making excuses or wasting energy wishing for what can't be, and instead to figure what you can change—which is *your own attitudes and actions* in handling the situation.

Remember, you can choose to have a great day in the worst possible weather, to stop pining for the sun and go play in the rain. That is how to practice the art of acceptance!!”



Whats on your BUCKET LIST!

Mommy, I want to take you on a world tour!

I want to visit the most beautiful beach of the world!

I want to watch Arsenal play against Manchester United in London!



It feels amazing when you accomplish something. Even something that may not be very important or exciting, conquering whatever it is boosts your confidence!

So make a bucket list. Fill it with dreams and scary things, but also add in the silly things in life that will make you smile. Post it on your wall printed in a fancy font, or fold it up to keep in your night stand for your eyes only. But make sure you look at it and never forget it. It would be a very sad thing, to forget your dreams.

Here are some steps to make a bucket list!

Be prepared.

Invest in a notepad specifically for this purpose. Having a hard copy of your Bucket List is vital - not only will it help you remember everything you want to accomplish, but keeping your list in an easily accessible and coherent place will keep you prepared for when an idea strikes you on a whim at the most inconvenient time. If keeping a notepad with you at all times doesn't strike you as fun or practical, leave it at home and when an idea strikes you when out and about, save it to your mobile phone to record it in your notepad when you return.

Plan your list.

No one ever has a complete pre-made bucket list in their heads, and sitting down to think about everything you want to do in life sounds extremely daunting. The majority of tasks found on Bucket Lists come from the person seeing something and thinking 'Hey, I want to learn to do that!'. Look for ideas everywhere. What most people don't realize with Bucket Lists is that they are your own personal guideline to self-improvement. Difficult feats such as 'climb a mountain', although

welcome, are not the only things which feature on a well-planned list; tasks such as 'Jog a mile each day' or 'Get 5 a day of fruit and veg', despite not being as exciting, are far easier to attain and are more beneficial in the long run.

In essence, a Bucket List is like a To Do List with no time limit, and actions such as reading that book you've been putting off, or writing that letter to a relative you've been meaning to get around to are all welcome candidates. Take this into consideration when on your search for ideas.

Write your first draft.

No time like the present, the sooner you have some sort of list as a guideline, the sooner you can take the first steps to completing the tasks on it. This is the time to be creative and completely let go of your fears and limits. Write everything that comes into your head, even the ridiculous and impossible! Want to learn how to slay a dragon? Learn every known language? Write it down! The importance of this stage is to awaken your creativity, and a lot of ideas that flow to the page will lead you to think of other, more achievable tasks. Don't be concerned with reality here, just concentrate on getting the ideas from your imagination to the page.

Refine your list.

Now that you have a basis to start from, it's time to get rid of the more impossible or improbable tasks. Be practical without being ruthless, and seriously consider the task before erasing it completely. Perhaps it can be altered to be more attainable? For example, slaying that dragon can probably go (unless you plan on writing a novel or developing a model of a dragon), but what about changing 'learn every known language' to 'learn French'? This step is perhaps the most tricky; while you will need to get rid of tasks you know won't ever be completed, this is a list of self-development and erasing tasks for the reason you don't have the courage, the willpower, or the time will leave you with a poor list with few obstacles or accomplishments. By pooling resources together with friends, many tasks which you would have crossed off can easily be achieved. Learn to find the balance between things you know you can't do, and things that you will need to develop to do.



Start small.

Don't rush off to book your round-the-world plane ticket just yet. Have one thing on your list that you can accomplish today. This will give you that feeling of accomplishment that you've made a start to your Bucket List and will motivate you to continue. Concentrating on the easier-to-accomplish tasks first will encourage you to continue working towards the end of your list. Moreover, accept

that your experience of the things on your Bucket List is unique; it cannot be replicated, nor can it be compared to someone else's and found wanting. How you experience things is the real value behind the Bucket List for it is not a competition with anyone and it is not about outdoing other people. It's about your personal development and fulfillment.

Find meaning in your Bucket List goals.

In both selecting and achieving your Bucket List goals, the main thing is to find meaning. If your attitude about the goals changes over time, either remove them or reshape them to suit your needs. The idea is to strive for fulfillment and inner growth, not to tie yourself down to things that no longer feel a part of who you are.



Dream! Accomplish! and live life!

Website:<http://www.wikihow.com/Make-Your-Bucket-List>