

**Article Information**

Received date: Sep 14, 2017

Accepted date: Sep 15, 2017

Published date: Sep 18, 2017

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**Article DOI** [10.36876/smjdr.1020](https://doi.org/10.36876/smjdr.1020)

**Letter to Editor****How I Got to Control My Own  
'Thoughts'****Paul Wilkins\****Public Relations and Communications, UK*

For years I had had all sorts of psychological/thought problems, but when in hospital suffering some stress via lots of confusion at work, and socially, a coincidental event or so where to take place to help me get better in a different way to Health treatment and medication.

I one day alone in a room had just finished on a sheet of paper writing out a positive affirmation of a sentence, when I was made to without thinking – just automatically – slam my book shut, in a panic, when I was distracted by hearing the room I had been alone in door open – someone coming in.

Just after slamming my book shut, and easing off from being made to jump, I noticed the affirmation of a sentence come automatically back to my mind again – without me needing to look where I'd wrote it again.

Having this taken place, I thought 'Oh it looks like that affirmation is now secure in my mind' 'It might go to my subconscious/back of my mind if I don't for a while look at it wrote in my book, which would bring it to the front of my mind again?'

Later on in the day I noticed my affirmation was still able to be recalled by me quite easily, still stuck on my mind, which I thought was a good sign.

Thinking about how with this affirmation stuck on my mind I would have a thought to ease off with whenever I had too much trouble in other areas on my mind, I twigged the most intelligent fact I'd had for quite a while, which was:-

- I was not to tell anyone else what my personally made up and secured in my mind positive affirmation was;
- If I did each time it came to my mind it would be distracted by the thought 'Like I told.....';
- If you excuse me I'm not going to tell you here and now what my positive affirmation - now positive thought stuck in the back of my mind/subconscious - is either, or each time it comes to my mind in the future it will be distracted by the sentence 'Like I wrote/typed up in my explanation/publication of discovering it'.

I think every personal thought counts/has a large effect on what I'm like.

**OPEN ACCESS****ISSN: 2573-3389**