

Another crucial element in managing my thought life happens through my friendships. I choose to spend time with female friends who affirm my positive self talk. I can tell them absolutely anything that I think or have done and they will listen to me with hearts full of mercy. They don't condemn or judge me; they lovingly encourage me. They do not offer me advice or criticize my choices. Instead, they respect that I will find my own direction with their support. According to Charles Kingsley, "A blessed thing it is for any man or woman to have a friend, one human soul whom we can trust utterly, who knows the best and worst of us, and who loves us in spite of all our faults."

This approach to life has changed me. Freedom from the negative thoughts and the ability to "Cut the Balloon Loose" has empowered me to become a better person because I think I can. Now when I am at my son's school I feel confident. My heart is free to feel the love I have for him because I am not burdened by negative thoughts.

Springtime is a season for new beginnings. I encourage you to become aware of your negative thoughts and cut them loose so that new seeds of thinking positively can burst into life.

SWWF



“...You are beautiful.”



Becky is a Licensed Mental Health Counselor with a private practice in Olympia specializing in Women's Issues, Teenage Girls and Marriage Counseling. She is also certified in a specialized technique for the treatment of Post Traumatic Stress Disorder. Becky has a Master's in Counseling Psychology from Saint Martin's University, and is passionate about providing hope, healing and restoration to individuals that she counsels so that they may joyfully embrace their life to the fullest. She has been married to a wonderful husband, Travis, 12 years this June. They have two boys, Wyatt, age 7, and Garrett, age 4, born on the same day three years apart.