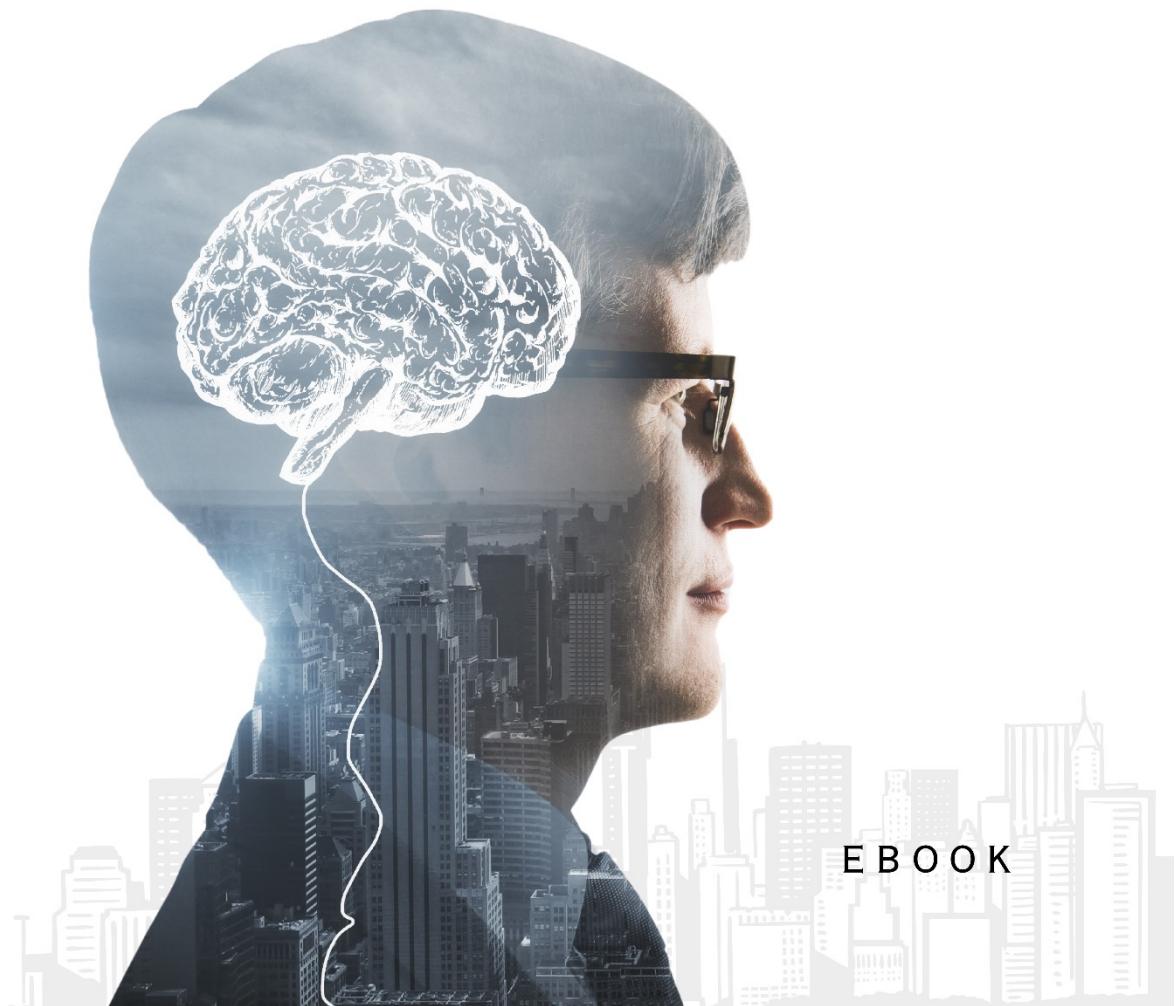


DECODE THE SECRETS
TO MASTERING YOUR BRAIN

PRADEEP KARENGLA'S

THE MIND'S MANUAL



The Mind's Manual

Pradeep Karengula

**If not now, then when?
If not you, then who?**

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Author's Note

Just imagine, manaki oka magical lamp dorikindi anukondi and aa lamp gurinchi chaala mandhi chaala goppaga chephunnappudu meeru vinnaru anukondi, adhi entha powerful ani meeku thelusu, dhaanni proper ga use chesthe manam entha goppa stage lo undagalamo meeku telusu.

Kaani, ikkada oka chinna problem vachindi. Meeku dhaanni ela use cheyaalo ardam avvadam ledu. Entha try chesina meeku technique dorakadam ledu. Aa time lo em chestharu, intha goppa lamp ni padesthaara? Ledu kada! Anni possibilities alochistaaru, chaala rakaaluga try chesthaaru, anthe kaani assalu padeyaru. Because meeku thelusu aa lamp entha powerful ani.

Same mana brain kuda alaane. Inka strong ga cheppalante aa magical lamp kanna konni lakshala retlu powerful, kaani manalo chaala mandhiki anthe powerful aina brain ni ela use cheyaalo telidu, okavela telisthe meeru imagine kuda cheskonantha miracle ga dhaanni use cheyagalaru. Anduke, mee andariki oka manual ni provide cheyaali anukunna. A user manual to know how to use your brain, a user manual to understand how our mind works.

So, ee book lo okka page ni kuda skip cheyakunda chadavandi.

E book ayyesariki meeku thappakunda mee brain ni ela effective ga use cheyaalo anna knowledge untundi. Have a happy learning.

Chapter : One

Conscious & Subconscious Mind

Mana entire anatomy lo most powerful tool mana brain. Because mana autonomic functions (heart rate, digestion, breathing) nundi voluntary actions (physical movements) dhaaka prathidi control chesthundi. In the kaadu, mana thoughts ni, emotions ni, mana feelings ni control chesthundi, it controls everything. Anduke mana brain ni **control unit** antaaru.

Autonomic functions mana chethilo undavu, brain automatic ga control chesthundi. Kanni, psychological functions matram manam mana brain ki iche information ni batti maaruthu untundhi. Idi ela jaruguthundho teliyaali ante meeku conscious mind and subconscious mind gurinchi teliyaali. Ee okka topic ki mystery ni tholaginchi history create cheyalagala power undi.

Conscious mind is pretty simple. Ee movement lo meeru em chesthunnaru annadhi calculate cheskuntu andulo important data ni mee brain lo store chesthundi, unimportant data ni delete chesthundi. Mostly takkuva data lo ekuva information store ayyela chusthundi.

For example, previous page lo meeru author's note chadivi untaaru, andulo meeku line by line gurthundha? No! kaani overall ga em chadivaaru ani oka complete picture matram gurthuntundi.

Conscious mind vallane manam attention tho edhaina pani cheyalante cheyagalugutham. Kaani ikkade oka twist undi, Conscious mind important anukunna data ni subconscious mind ki pampisthundhi. Adhi elanti data aina avvachu, okavela conscious mind important anukunte pampisthundhi. Konni saarlu data ni ventane pampisthundhi, konni saarlu delayed ga pampisthundhi. Once edhaina data mana subconscious mind lo store aiendi ante adi chaala kaalam paatu mana brain lo store ayyi untundi.

For example, meeku chinnappudu bicycle nadapadam ventane raadhu, because conscious mind ki adhi important data na unimportant data na ardam kaaka, aa data ni delete chesthundhi. Kaani, eppudu aithe meeru continues ga aa cycle ni nadapadaniki try chesthuntaaro, ila repeated ga try chesthunnaru kabatti adhi important data anukoni mee conscious mind aa data ni subconscious mind loki store chesthundhi. Once oka data subconscious mind lo store aiendi ante trigger point manaki vachina prathi saari aa data retrieve avthundhi.

Ikkada cycle ni trigger point anukundham, once cycle ki sambandhinchina data subconscious mind lo store aiendi kabatti meeru future lo eppudu cycle paina kurchunna kuda cycle ane trigger point tho unna data activate ayyi ventane aa data retrieve avthundi. Anduke meeru koddi rojula tarvata cycle naduputhunnappudu, conscious ga effort pettalsina avasaram lekunda subconscious mind lead chesthundhi.

Dheeni batti manam ardam cheskovalsina point enti ante, manam edhaina pani over period of a time repeat chesthe aa data subconscious mind lo store avthundhi ani.

Kaani ikkade oka problem undi. Conscious mind, meeru edhaina pani repeated ga chesthe adhi good data aina ledha bad data aina meeru repeat chesthunnaru kabatti important data anukoni aa data ni subconscious mind ki send chesthundhi. Dheeni batti meeku em ardam avthundhi? Edhaina pani repeat chesthe adhi bad data aina store avthundhi ane kada.

Dheeni real life lo decode cheddham. Oka person first time smoke chesinappudu aa data subconscious mind lo store avvadhu. Immediate ga malli smoke cheyaali anipinchadhu.

But manam friends influence valla malli malli smoke chesinappudu, conscious mind ee smoking ane data important anukoni subconscious mind ki pampisthundhi. Yeppudu aithe ee data subconscious mind lo store avuthundho meeru consciously kaavali anukokunna, avoid cheyaali anukunna data retrieve ayyi smoke cheyaali anipisthundhi. Dhaanni manam shortcut ga addiction antam.

Inko example chudandi, kontha mandhiki vaallu love chesina people breakup cheppinappudu one - two days badhaga untundhi. Kaani manalo chaala mandhi vere eh pani cheyakunda, aa badha ni marchipokunda alone sad songs vintu, isolated ga untu, daily thana gurinche alochisthu suffer avthune untaru. Ila konni days continue ayyaka vaallu malli better avvali anukunna avvalekaphothuntaaru. Enduko telsa? Repeated ga suffer avvadam valla mana conscious mind ee suffering meeku important emo anduke repeat chesthunnaru anukoni aa suffering ni subconscious mind ki pampisthundhi. Idi subconscious mind lo store ayyaka manam better avvali anukunna kuda avvalekaphothuntam. Ee data ni ela erase cheyaalo ardam kaka sathamatham aipothuntam.

Idi break up avvachu, evarinaina manam kolpodam avvachu, led a elanti paristhithi aina ayyi undaachu.

If you repeat suffering then mana conscious mind will store it in subconscious data.

Meeku inthaka mundhu trigger point vachinappudu subconscious data retrieve avthundhi ani cheppaanu. Alane meeru meeku telikundaane suffer avthunappudu chaala trigger points ni set cheskuntu untaaru.

For example, kondaru daily bed paina kurchoni edho oka vishayam paina alochisthu badhapaduthunnaru anukundham. So, ikkada bed trigger point avthundhi, badha padatam anedhi subconscious data avthundhi. Meeru bed painaki vellagaane badha padaali ane data retrieve ayyi meeku telikundaane suffer avthuntaaru. Inko example lo bed paina kurchoni kondaru games Aaduthunnaru anukundham, ee case lo kuda bed tigger point avthundhi. Kaani games aadatam anedhi subconscious data. So, ee case lo meeru padukovaali anukunna kuda nidra pattakunda games aadali anipisthundhi.

Ila nenu naa life lo observe chesina pattern enti ante, entha peddha problem vachina kuda mana brain real suffering phase ni konni days matrame exhibit chesthundhi.

Kaani aa few days suffering continues ga cheyadam valla aa data mee subconscious mind lo store ayyi oka trauma la form ayyi konni years paatu continue chesela chusthundhi. We can say it like a habit. Oka smoker ki ela aithe smoking habit avthundho, kondaru repeated ga suffer avvadam valla suffering habit avthundhi.

Manalo chaala mandhiki habit ni form cheyadame thappa, form aina habit ki link aina data erase cheyadam idea undadhu. So ee book lo unna next chapters lo manam form aina data ni ela erase cheyaalo kuda nerchukundham. But antha kanna mundhu meeku mee brain gurinchi inka clear ga theliyaali.

Top 5 takeaways

1. Brain Controls Everything: The brain manages both body functions and thoughts.
2. Conscious vs. Subconscious: Conscious mind stores data; subconscious stores repeated actions.
3. Repetition Forms Habits: Repeated actions become automatic in the subconscious.
4. Negative Habits & Trauma: Bad habits and trauma are stored in the subconscious over time.
5. Breaking Habits: Understanding the brain is key to changing harmful subconscious data.

Chapter : Two

Game of Chemicals

Mana brain lo manam elanti situation ni face chethunnam annadhaani batti chaala chemicals release avthuntai. Kaani andulo mainly 3 chemicals matram mana cognition (feelings, emotions, mood, decisions) ni chaala impact chethai. Aa 3 chemicals ni manam balance cheyagaligithe mana life chaala beautiful ga untundhi.

Ave, **Dopamine, Serotonin, Cortisol.**

Dopamine is a feel good neurotransmitter. Manam eppudu aina happy ga unna, proud ga unna, leda satisfied ga unna mana brain lo dopamine release avthundhi. Ee dopamine vallane mana brain chaala panulu chethundhi. Honest ga cheppalante ee dopamine release avvakapothe manaki entha important pani aina kuda cheyaali anipinchadhu.

For example, manam oka pet dog ni adopt cheskunnam anukundham. Aa pet dog manam cheppina maata vinaali ante manam dhaaniki treats provide cheyaali. Here dopamine acts like a treat to your brain. Meelu cheppina pani brain cheyali ante, dhaniki dopamine kavaali.

Meeru dopamine ivvadam lo fail avthe adhi meeru cheppina maata vinadhu. Dhaani maata meeru vinelaaga chesthundhi. Ikkada inko twist enti ante brain is a lazy tool. Okavela meeru dhaaniki dopamine ichi commands isthe adhi meeru cheppina pani chesthundhi. Kaani, meeru commands ivvadam lo fail avthe autopilot mode activate avthundhi.

Ee autopilot mode lo brain mimalni entha veelu aithe antha lazy ga em pani cheyakunda unchadaniki try chesthundhi. Because meeru work cheyaali ante brain chaala active ga undaali, chaala conscious ga undaali. So, adhi autopilot mode lo unnappudu antha active ga undadhu, rest mode lone untundhi. Ila rest mode lo unna ani meeku telikunda unchadam kosam subconscious mind lo unna edho oka traumatic experiences ni retrieve chestu meeru alochinche laaga chesthundhi. Dheeni valla conscious mind ekuva work cheyaalsina pani ledu, job cheyaalsina pani ledu, future gurinchi decisions teeskovaalsina pani ledu, health conscious ga undaalsina pani ledu, kevalam mee bed paina kurchoni past lo jarigina trauma gurinchi alochisthu unte chaalu, subconscious mind data retrieve chestu untundhi. Conscious mind rest mode lo untundhi.

Idi antha enduku jarigindhi? Just mee brain mee maata vinani kaarananga. Mee brain mee maata enduku vinaledu? Meeru dhaaniki commands isthunnappudu dopamine ane treat ivvani kaarananga. So ippudu ardam aiendha? Dopamine mana life lo entha important role play chesthundhi ani. Ippudu meeku oka question ravachu. Ee dopamine ni ela ivvali mana brain ki ani. As I said you previously, dopamine manam happy ga unnappudu, proud ga unnappudu, physically active ga unnappudu and satisfied ga unnappudu release avthundhi.

Dheenni eh situation lo ela use cheyaali, ela brain ki provide cheyaali ani upcoming chapters lo clear ga explanation untundhi.

Dopamine ni entha effective ga manam use chesthe mana brain mana maata antha effective ga vintundhi. Kaani okkati gurthupettukondi. Brain ni cheap dopamine ki habituate avvanivvakandi. Manaki quality dopamine matrame kaadu appudappudu cheap dopamine kuda release avthundhi. Ee cheap dopamine smoke chesinappudu, drink chesinappudu, Instagram lo mana picture ni evaru aina like chesinappudu or manam evari paina aina argument chesi gelichinappudu manam koddiga proud ga feel aina, satisfied ga feel aina release avthundhi. Ee cheap dopamine once in a while release avthe problem ledu.

Okavela day antha ee cheap dopamine basis paine mana life nadusthunte mattuku ee dopamine saripoka brain malli autopilot mode loki velthundhi.

Next **Serotonin**, idi mana body lo inbuilt unna clock ani cheppachu. Manaki 'night aiendi paduko' ani cheppedhi serotonin. 'Morning aiendi lechi work cheyi' ani cheppedhi serotonin. Anthe kaadu, mana food ni digest cheyadam lo use ayyedhi, edhaina kottha vishayam nerchukuntunnappudu help chesedhi, manaki oka vela physical or mental pain unnappudu aa pain nundi koddiga relieve icedhi, mana heart beat ni proper ga manage chesedhi, body temperature ni proper ga handle chesedhi antha serotonin eh.

Kaani shocking vishayam enti ante manam eppudu aithe ekkuva stress lo untaamo, led a depressed ga untaamo, mana body lo dopamine and serotonin levels melliga thagguthu vasthai. Dhaani vallane manaki food digest avvadhu, night nidra pattadhu, mornings melkuva raadhu, heart beat fast ga kottukuntundhi, eh pani cheyaali anipinchadhu.

Okka chinna stress led a chinna depressed feeling intha dhaarunanga ela dopamine ni, serotonin ni control chesthundhi ani alochisthunnara?

Vaatini drop chesthundhi mee stress kaadu, mee depressed emotion kaadu, aa thoughts meelo vachinappudu release ayye okka hormone. Dhaani peru "CORTISOL".

Cortisol oka mamulu hormone kaadu. Mana human existence tho samabandham unna hormone. Konni lakshala samvathsaraala history unna hormone. Manaki dhaani gurinchi theliyaali ante dhaani history theliyaali.

Konni millions of years back manishi inka early human stage lone unnappudu, vaalla chuttu chaala dangers undevi. Eppudu eh wild animal vachi chapesthundho telidhu. Eppudu eh animal tho fight cheyaalsi vasthundho telidhu. Konni saarlu vaallu prepared ga undevaallu, brathikevaallu. Chaala saarlu unprepared ga undevaallu, chachipoyevaallu. Aa time lone mana human brain lo kottha hormone produce avvadam start aiendi. Okavela danger undhi ani manaki ardam aina seconds lone manani prepare chesentha powerful hormone, dhani peru cortisol.

Manam danger unnam ani ardam aina ventane mana brain lo amygdala ane part activate ayyi brain ki control center la work chesthunna hypothalamus ki signal pampisthundhi.

Hypothalamus aa signal vacchina ventane mana kidney paina unna adrenal glands nundi Cortisol release chesthundhi.

Okkasaari cortisol adrenaline glands nundi release avvagaane mana body ni two types ga prepare avuthundhi. Either to fight with danger nor to flight. Dheenne manam 'fight or flight' antam.

Okavela mana mundhu unna danger tho manaki fight chesentha dhairyam undhi anukunnappudu mana heart rate penchuthundhi, mana muscles loki ekuva blood ni pump chesi manam physically unnadhaani kanna strong ga chesthundhi. Mana body store cheskunna energy antha okkasaariga outburst cheyadaniki ready avthundhi. Dheeni valla manam fight chesthunna time lo chaala balam ga fight cheyagalam. Aa fight ni win avvagalam.

Konni saarlu mana mundhu unna danger manakanna powerful anukunnappudu cortisol release ayyi manani flight chesthundhi. Ee flight time lo mana heart rate peruguthundhi. Mana blood antha manam paaripovadaniki help ayyelaaga mana legs loki flow avthundhi.

Okavela paaripovalsina situation vachinappudu manaki oxygen ekkuvaga kaavali kabatti mana respiratory function(lung capacity) increase chesthundhi.

For example, early humans era lo okadiki chaala dhairyam undhi anukondi, vaadi daggaraki sudden ga oka tiger vachindi anukondi, cortisol release ayyi fight cheyadaniki paina cheppinattu ga body ni prepare chesthundhi. Adhe era lo okadiki dhairyam undhi kaani, tiger tho fight chesentha dhairyam lekapothe flight activate chesthundhi. Paaripoye laaga body ni prepare chesthundhi.

Ala konni years gadusthunna koddi mana humans lo melli melliga dhairyam thaggipovadam start aiendi. Piriki vaalla laaga maaripodam start chesam. Appudu cortisol kuda DNA through inherit avthu 3rd response develop cheyadam start chesindhi adhe freeze (ee rojullo dheenne manam flight anukuntam). Okavala oka person ki complete ga dhairyam lekapothe cortisol aa person ni freeze ayyelaaga cheyadam start chesindi. Ee time lone heart rate thaggipothundhi, body moments thaggipothai, brain numb avuthundhi, konni sarlu breath aadaka shortness of breath avuthundhi. Dheenne manam konni moments lo panic attack ani pilustham.

Ala konni millions of years back manishi manugada kosam, manishini brathikinchadam kosam develop aina cortisol, eerojullo mana boss gattiga aristhe release avuthundhi, manaki nacchani pani jarigithe release avuthundhi. Manani stage paina matladamante release avuthundhi. Streets lo fight chesthunnappudu release avuthundhi, partner tho godava paduthunnappudu release avuthundhi. Evaraina manani oppose chesinappudu release avuthundhi. Nijam ga alochisthe manam entha dhaarunanga piriki vaallam ayyam kada anipisthundhi.

Ee muudu chemicals gurinchi meeru nerchukunnaru kada. Ippudu aa 3 chemicals mimalni ela impact chesthaayo chadavandi. Appudu meeku mee body lo jarige prathi reaction ardham avthundhi. Mee mental health paina clarity vasthundhi.

Top 5 takeaways

1. Brain Controls Everything: The brain manages both body functions and emotions.
2. Conscious Mind Transfers Data: Important info gets transferred to the subconscious mind.
3. Habits Form in Subconscious: Repeated actions, good or bad, become subconscious habits.
4. Negative Repetitions Lead to Trauma: Repeating negative behaviors or emotions can cause long-term mental impact.
5. Awareness is the First Step: Recognizing how your brain works is key to changing your habits.

Chapter: Three

LOOP - The Big Connection

Indaaka manam chadivinattu cortisol ee generation lo chaala minimal vishayaalaki kuda release avvadam start chesindhi. Ila manaki telikundaane prathi daaniki cortisol release avvadam valla mana thinking lo, mana behaviour lo chaala changes vacchai. Cortisol eppudaithe release avuthundho appudu dopamine and serotonin body lo release avvadam aapesthai.

Dopamine and serotonin release avvakapothe em jaruguthundho meeku already telusu. Dheeniki kaaranam enti? Manam weak mindset lo undatam, prathi dhaanni overthink cheyadam, prathi dhaaniki suffer avvadam.

The more you suffer, the more cortisol releases. The more cortisol releases the less dopamine and serotonin releases. Ila anavasaramaina alochanalatho manam mana brain ki important aina chemicals release avvakunda chesi, overall mental health paina chaala impact create chesthunnam. Stress, anxiety, panic attacks, depression ila chaala vaatini inherit cheskuntunnam.

Chapter 1 tho connect chesi chronological way lo alochinchandi. Manam prathi dhaaniki over think chesthunnam, ila cheyadam valla cortisol release avthundhi and over period of a time over think cheyadam important emo anukoni mee conscious mind, subconscious mind loki aa data pampisthundhi, ala subconscious mind aa data ni trigger vachina prathi saari retrieve chesthundhi. Day lo majority of the time suffer ayyelaaga chusthundhi. Which means day antha cortisol release avthundhi and inni sarlu cortisol release avvadam valla mee brain lo dopamine produce avvadam ledu. Dhaani valla meeku brain tho communicate cheyadam kastam ga maaruthundhi. Dopamine ane treat leka brain lo autopilot activate ayyi subconscious mind lo unna negative information ni bayataki teeskosthundhi. Malli cortisol release avvadam valla again dopamine levels padipothai, brain mee maata vinadaniki inka ekkuva time paduthundhi.

It's a loop! Yes, you read it right.

Ee physiological and psychological loop vallane meeku mee life antha aagipoyinattu, mee body antha drain ainattu, mimalni complete universe plan chesi maree oppose chesinattu anipisthundhi. Dheeni vallane depression start avuthundhi, chaala psychological disorders form avuthaayi.

Ee loop nundi bayataki ravadaniki oke oka dhaari undhi. Adhe erasing subconscious data.

Negative subconscious data ni store cheskunna meeru ah data erase kuda cheyagalaru. Kaani dhaaniki meeku konni techniques teliyaali. Avento next chapter lo chuddham.

Top 5 takeaways

1. Cortisol Blocks Happiness: Stress triggers cortisol, which blocks dopamine and serotonin, crucial for happiness.
2. Endless Loop of Suffering: More stress = more cortisol, which keeps blocking dopamine and serotonin, trapping you in a cycle.
3. Overthinking Fuels the Cycle: Constant overthinking sends stress to the subconscious, which gets stored and triggers more stress.
4. Autopilot Mode: Without dopamine, the brain goes into autopilot, acting on negative data stored in the subconscious.
5. Path to Freedom: The way out is to erase the negative data stored in your subconscious, which we'll explore in the next chapter.

Chapter: Four

Change Negative Data

Subconscious mind lo store aina negative data ni remove cheyaali ante mundhu manaki eh trigger ki eh data store aiendho ardham kaavali. Dheeniki meeru oka 2 days paatu kevalam mee thoughts ni emotions ni observe cheyandi.

Day 1 :

Morning lechinappati nundi night padukunedhaaka asalu mee mind meetho em chepthundhi? Em convey chesthundhi? Clear ga observe chesthu note cheskundi.

For example, Subramanayam ane person 9am ki lechaadu. Lechina ventane aayana thoughts ni emotions ni observe cheyadam start chesaadu. Morning melukuva vacchina kuda athani mind '**levaku inkaasepu paduko**' ani chepthundhi. He will observe it. Kaasepu padukuntaadu, malli lestaadu. Eesari mind athanni work cheyaku ani chepthundhi. Body antha dull ga undhi. Athanu vinakunda work cheyadam start chesaadu anukundham. Complete ga drain aina feeling vasthundhi, oka 30mins lone fed up ainattu anipisthundhi, ventane phone open cheyaali, youtube lo shorts chudaali anipisthundhi.

Ila athanu day antha prathi thought ni prathi emotion observe chesthune unnadu anukundham.

Night bed paina padukunnadu, kaani, phone open chesi edhaina game aadu ane data matrame retrieve avthundhi. Kaasepu game aadi phone pakkana pettaadu. Kaani, vipareethamaina negative thoughts valla nidra ravadam ledu.

Ilaa day complete ga Subramanyam observe chesi antha note cheskunnadu anukundham.

Day 2 :

Day 2 levagaane aayana note lo chuskoni, eh time lo elanti data retrieve avuthundhi, aa time lo em anipisthundhi? Ela feel avthunnaru? Complete ga analyse cheskunnaru anukundham.

Aayana findings lo morning levaagane negative thought process thone start avuthundhi ani ardam aiendhi. Which means cortisol thone day start avuthundhi ani ardam. Appudu aayana morning levagaane edhaina interesting ga unde panulu cheyadamo led, physical exercise chesi dopamine release ayyelaaga cheyadamo chesi day ni cortisol tho kakunda dopamine tho start cheyadam nerchukovachu.

Night bed paina padukogaane aayanaki youtube shorts chudaali anipisthundhi, which means aayana bed ane trigger ki youtube shorts ane subconscious data ichaadu anukundham. So incase aayanaki bed paina padukunnappudu shorts chudaali anna thought vasthe, okavela aa thought chaala heavy ga unte aayana lechi chair paina kurchoni phone use chesi malli padukunnadu anukundham, ila slow ga bed ane trigger ki phone use cheyadam ane data erase ayyi padukovaali ane data assign avthundhi.

Ila day 2 kevalam em jaruguthundhi ani evaluate cheskonni aayana thana day lo cortisol release avuthunna daggara dopamine release cheyadaniki try chesinappudu, trigger points ni encounter chesi kottha subconscious data ichinappudu aayanaki telikundaane store aina subconscious data erase ayyi kottha data store avuthundhi.

It's a very simple technique that we use to erase subconscious data. Kaani, oka pre stored data erase ayyi kottha data mana subconscious mind lo store avvali ante manaki neuroplasticity jaragaali. Ee neuroplasticity ante oka kottha habit ki mana brain adopt cheskonni habituate avvadam ani ardam. Ee neuroplasticity jaragadaniki okko person ki okko time paduthundhi. Kondariki 21 days pattachu, kondariki 66 days pattachu.

But majority people ki 21 days lo neuroplasticity jaruguthundhi. Anduke manaki 21 days habit formation ani chephthuntaaru. But evariki entha time paduthundhi ani aa person will power paina, practice chesthunna efficiency paina depend ayyi untundhi.

Manalo chaala mandhi first 1 week baaga motivated ga chesthaaru, aa taravatha aa pani cheyadam aapesthaaru. Ila aapesaaru ante ardam, neuroplasticity jaragamundhe odhilesaaru ani. Entha kastam ga unna kuda okavela manam good habits ni oka 4 to 8 weeks continues ga cheyagaligithe neuroplasticity jarigipothundhi. Aa tarvata it becomes a habit. Once subconscious mind lo ee data store aiendhi ante ee habit ki sambandhinchina positive data mana prameyam lekundaane retrieve avuthundhi. Manani professional chesthundhi.

Kaani ikkade oka twist undhi, already subconscious mind ninda negative data unna person, konni weeks ela continues ga kottha habits paina focus cheyagaladu? Cheppadaniki chaala easy ga undhi kada, 60 days chesthe chaalu neuroplasticity jarigipothundhi ani. Kaani reality lo 100 ki 99% ee neuroplasticity cheyadam lo fail aipothuntaaru. Dhaani vallane vaallu kottha habits ni habituate cheskoleka paatha negative data tho assign ayina habits thone life antha undipothaaru.

Mari prathi person, positive data ni vaalla subconscious mind ki ivvadam ela? Em cheyaali? Adi manam next chapter lo clear ga chuddham.

Top 5 takeaways

1. Observe Your Thoughts: To erase negative data, start by observing your thoughts and emotions for 3 days, identifying triggers and patterns.
2. Shift Your Mindset: Replace negative habits with positive actions. Physical activity or engaging in something interesting can help release dopamine, setting a better tone for your day.
3. Neuroplasticity: Your brain can rewire itself to form new habits. It takes time (21-66 days) to make new habits stick.
4. Consistency is Key: Sticking with new habits, even through discomfort, for 4-8 weeks, allows neuroplasticity to make them permanent.
5. Overcoming Old Habits: 99% of people fail because they don't fully replace old negative habits. Replacing them with positive habits is crucial for lasting change.

Chapter: Five

Manipulating Mind

Subconscious data ni remove cheyaali ante positive data ni inherit cheyaali ani manaki telusu. Kaani intha strong negative data ni maarchadaniki manaki konni techniques use avthai.

Imagine, mana brain ki manam '**chaala peaceful ga, positive ga unnam**' anna data ni send cheyagaligam anukundham. Appudu brain manaki cortisol release cheyalsina avasaram ledu anukuntundhi. Ila manam positive unna lekapoyina kuda dhaanni konni techniques use chesi manipulate cheyachu. Aa techniques chaala simple ga untai. Kaani, chaala effective ga work chesthai.

First of all, manam negative thinking chesthunna time lo catastrophising ekkuvaga chesthuntam. Which means prathi dhaaniki negative outcome ne alochinchadam.

For example, meeru oka interview attend avvali anukunnaru.

Subconscious mind ninda negative thinking undhi kabatti, '**aa interview nenu crack cheyakapothe ela?**

Okavela interview lo naakanna baaga vere vaallu answer chesthe ela? Interviewer nannu tough questions adigithe ela?' ila complete ga negative thoughts ey meeru think chesthuntaaru.

Ikkade loop start avuthundhi. Already negative data subconscious mind lo undhi kabatti negative thoughts vasthunnai. Meeru negative thoughts ki respond ayyi aa thoughts paina alochisthunnaru, ila alochisthunnaru ante meeku correct data ichaanu ani subconscious mind anukuntundhi, malli malli negative thoughts isthundhi, meeru malli malli alochisthaaru, adhi malli malli isthundhi.

Ee loop ni break cheyaali ante meeru em pani cheyaali anukuntunna kuda dhaani gurinchi unna negative thought ni kakunda positive thoughts ni alochisthe mee subconscious mind ki andulo threat ledu ani ardam avuthundhi. Dhaani valla adhi meeku cortisol release avvakunda help chesthundhi.

Ippudu nenu cheppina ee information ni oka real life case study lo petti chuddham. Appudu manaki clear ga ardam avuthundhi.

Ok a person interview ki chaala baaga prepare ayyadu. Kaani interview maro two days undhi annappudu

athanu catastrophising cheyadam start chesaadu. Entha sepu interview lo fail avuthe ela ane alochisthunnadu thappa pass avuthe ela ani think cheyadam ledu. Dhaani valla aa person subconscious mind lo aa interview tough ga untundhi anna data matrame store aiendhi. Athanu interview attend avvagaane ee negative data valla interviewer ni chusina ventane cortisol release avuthundhi. Already aa interview tough ani feel ayyadu kabatti, cortisol release ainappudu manani freeze ayyelaaga chesthundhi. Freeze ainappudu mana mind numb avuthundhi ani manaki telusu. Dhaani valla Interviewer manaki telisina questions adigina kuda manam sarigga answer cheppaleka chematalu paduthuntai.

Adhe okavela aa person two days mundhu nunde catastrophising cheyakunda, only '**interview entha easy ga undabothundhi, and athaniki interview lo crack avuthe thana life entha happy ga untundhi'** ani positive points ni matrame think chesthe, athani brain ki interview paina unna negative data kakunda positive data store ayyedhi. Ala positive data store avvadam valla, athanu interview ni face chesthunna time lo brain threat ledu anukoni cortisol release cheyakapoyedhi. Appudu athanu thana best ichevaadu, interview crack chesevaadu.

It's a game of subconscious mind. Evaru aithe ee game aadatam nerchukuntaaro, vaallu anukunna pani cheyadaniki vaalla brain 100% isthundhi. Evariki aithe ee game proper ga ardam avvadho vaallu catastrophising chesthu negativity lo undipothuntaaru.

Ee technique lo meeku positive thinking ni ela use cheyaali ani ardam aiendhi. Okavela meeru entha try chesina kuda positive thinking cheyalekaphunnaru annappudu every 2 hours ki oka alarm pettukondi. When alarm rings meeru next 10 minutes kevalam positive gaane think cheyaali ani gurthupettukondi. Dhaani valla meeku constant reminder vasthundhi, positive thinking inherit avuthundhi. Idi meeru consistent ga positive thinking habituate cheskondaniki baaga use avuthundhi.

Dheeni kanna inka powerful technique marokati undhi dhaani peru visualisation.

Entire human mind ni chaala easy ga manipulate cheyadaniki baaga effective ga use ayyedhi visualisation.

Manam night padukunnappudu conscious mind nundi subconscious mind loki melliga jaarukuntam. Aa time lone manam **theta brainwave state** lo untam.

Ee theta brainwave state anedhi mana conscious mind ki subconscious mind ki madyalo unna okka overlapping phase anachu. Appudu manam conscious ga untam at the same time subconscious mind melliga active avuthu untundhi. Ee time frame lo manam em thoughts gurinchi alochisthunnamo, aa thoughts chaala speed ga subconscious mind loki store avuthu untundhi.

Dheenni manam conscious mind ki subconscious mind ki madyalo unna **black hole** anachu. Ee state lo neuroplasticity chaala fast ga jaruguthundhi. Dheeni valla manaki chaala fast ga results kuda vasthai.

Kaani manalo chaala mandhi intha powerful theta brainwave state gurinchi teliyaka, kevalam negative thoughts paina time spend chesthu padukuntaaru.

Vaalla life lo jarigina worst experiences ni alochisthu padukuntaaru. Illa cheyadam valla mee subconscious mind loki inka strong ga negative data store avuthundhi. Mimalni chaala strong ga catastrophising cheselaaga provoke chesthundhi.

Ippudu nerchukunna dhaanni oka case study lo petti chuddham.

Oka person ki chaala appulu unnai anukundham. Daily night padukunetappudu aa appula gurinche alochisthu padukuntunnadu anukundham. Ila appula gurinchi alochisthu bayapaduthu padukodam valla, athani subconscious mind ninda appu ante bayam unna negative data store avuthundhi. Dhaani valla nidralo kuda cortisol matrame release avuthundhi. Appu chaala peddhaga undhi anna bayam tho cortisol release avuthu athanni freeze chesthundhi, freeze avvadam valla brain numb avuthundhi. Anthe kaani, aa person ki appula nundi ela bayataki raavali ane positive thought athani brain athaniki ivvadhu.

Adhe person positive ga athani appulu anni clear ainattu visualise cheskuntu padukunnadu anukundham. Oka manchi car konattu, manchi illu konnattu, life lo success ainattu visualise cheskuntu padukunnadu anukundham. Ila cheyadam valla theta brainwave state lo athaniki positive data subconscious mind loki store avuthundhi. Dhaani valla athani subconscious mind positive ga think cheyadam start chesi life better avvadaniki unna prathi chance ni grab cheskunelaaga chesthundhi.

Ee rendu techniques mee subconscious mind paina hacking laaga work chesthai. Veetitho manam chaala positive thinking ni habituate cheskuntu negative subconscious data ni remove cheyachu.

Ila remove chesthunna process lo mee brain meeku chaala saakulu cheppachu, chaala convince cheyadaniki try cheyachu. Meeru aa time lo aa brain aade games ki convince ayyi malli day 1 ki rakodadhu.

Ala strong ga undaali ante meeku brain ela work chesthundho teliyaali. So next chapter lo brain working ni chuddham.

Top 5 takeaways

- a. Change Negative Thinking: Replace negative thoughts with positive ones. This helps break the cycle of negative thinking and prevents cortisol from being released.
- b. Positive Thinking Practice: Set an alarm every 2 hours to remind yourself to think positive thoughts for 10 minutes. Over time, this builds a habit of positive thinking.
- c. Visualization: Use the theta brainwave state before sleep to visualize positive outcomes. This allows your brain to absorb positive thoughts and helps make lasting change.
- d. Impact of Negative Thoughts: Dwelling on negative thoughts before sleep reinforces fear and stress, while positive thoughts stored in the subconscious improve your mindset.
- e. Hacking the Subconscious: Consistent practice of positive thinking and visualization can reprogram your subconscious, boosting confidence, productivity, and focus.

Chapter: Six

How Brain Works

Human brain entha powerful organ ani nenu special ga cheppalsina pani ledu. It's a most powerful organ in our entire anatomy. **Kaani antha powerful aina brain mee maata enduku vinadam ledu? Enduku antha powerful aina brain negativity ki ekkuva attract avuthundhi?** Enduku positivity paina concentration unchadu ledu ani eppudaina alochinchaara? Idhi teliyaali ante manam malli early humans era loki vellaali.

Manam early humans la unnappudu previous chapters lo chadivinattu eppudu edhi vachi manani ela chapesthundho evariki telidu. Dhaani valla brain paina entho otthidi erpadi cortisol ane kottha hormone ni develop cheskundhi ani manaki telusu. Ala aa rojullo manalaaga jokes cheyadaniki, time pass cheyadaniki assalu time undakapoyedhi. **Puttinappati nundi chacche dhaaka chavakunda undataniki fight chesthune undaali. Leda chastham.** Dheeni vallane mana brain eppudu active ga threats unnaya, led? Ani vethikedhi. Yeppudu tensed gaane work chesedhi. Yeppudu cortisol release avthune undedhi.

Ila manam aa DNA ni millions of years tarvata kuda inherit cheskuntu vacham. Idi some kind of vestigial DNA. Vestigial DNA ante manaki mana ancestors DNA lo unna konni qualities ippudu avasaram lekapoyina kuda edo oka kaarananga aa DNA next generations ki velladam.

For example, Early human time lo edhaina animal manatho fight ki vachinappudu manaki goosebumps vachevi. Ila goosebumps vachi mana body paina unna long hair antha paiki lechi opposite unna animal ki 'fight ki ready ga unna' anna signal ichedhi. Dhaani valla opposite animal konni sarlu bayapadiakkada nundi paaripoyedhi. Ippudu manaki long body hair ledu. Ayina kuda edhaina shocking ga anipinchinnappudu goosebumps vasthune unnai. Ippudu manaki vache goosebumps valla manaki elanti use lekapoyina kuda Vestigial DNA dwaara aa goosebumps next generations ki inherit avuthu vachindhi.

In the same way, okkappudu manam continues ga stress lone undevaallam kabatti stress tho mana brain ki chaala deep connection undhi. Anduke eerojullo kuda meeru oka comedy movie chusthe kevalam adhi chusthunantha sepu matrame navvuthaaru, adhe bayamkaramaina horror movie chusthe aa night antha bayapaduthu untaaru.

Because mee brain positive information kanna kuda negative information paine ekkova concentration peduthundhi. Positive data kanna negative data ne ekkova fast ga subconscious mind loki store avuthundhi. This is because of vestigial DNA carried out from early humans era anachu.

Anduke manaki bad habits form ayyetappudu chaala fast ga form avuthai. Adhe habit nundi bayataki raavali annappudu chaala efforts pettaalsi ravachu. Dheeni vallanne meeru negative thinking pattern ki tondaraga habituate avuthaaru. Aa thinking pattern nundi bayataki ravadaaniki chaala time spend cheyaali vasthundhi.

Dheenni ila kuda cheppachu, negative thinking led a negative habits ni neuroplasticity chaala fast ga jaruguthundhi, positive thinking ki led a positive habits ki neuroplasticity slow ga jaruguthundhi.

Ee information antha oka order lo petti gamaninchandi, okkappati continues stress ane vestigial DNA inka manalo undhi. Kaani manam physically fight cheyadaniki situations ekkuvaga levu.

Anduke brain ee generation lo unna chinna chinna godavalani, office lo tensions ni, partners tho problems ni stress laaga feel avuthu, vaatitho physically meeru fight cheyaalsina pani ledu kabatti mentally aa thoughts tho fight cheselaaga provoke chesthundhi.

And brain ki meeru alochinchadaniki oka purpose ivvakapothe, meekantu konni goals lekapothe, led meeku positive ga ela undaalo ardam kakapothe, adhi dhaani Vestigial DNA kaarananga vacchina stress ni activate chesi edo oka negativity gurinchi think chesthu untundhi. Ila cheyadam valla again loop starts, ekuva think cheyadam valla negativity subconscious mind loki velthundhi, again meeku cortisol release avuthundhi, again lack of dopamine avuthundhi, again brain mee maata vinadhu.

Dheeni batti manam oka vishayam ardam cheskovaalsi untundhi. Mana brain ni manam kaaliga unchakodadhu. We should make it work. Kaani mana India lo chaala mandhiki oka schedule antu undadhu. Go with the flow laage untundhi. Ila go with the flow laaga unnappudu brain dhaaniki etu vaipu vellaali anipisthe atu vaipu velluthundhi. Adhe dhaaniki oka path ni meeru provide cheyagaligithe adhe path lo velluthundhi.

Manalo chaala mandhiki billionaires avvali ani untundhi. Kaani okkasaari baaga alochinchi chudandi, vaalla andari life lo kuda **go with the flow** ane concept undadhu. Elon musk ki next month idhe time ki em cheyaali anna schedule untundhi. So brain ki already next month daaka oka path create chesi undhi. So adhi adhe path lo nadusthundhi. Over period of a time ee schedule ni follow ayyelaaga neuroplasticity jaruguthundhi. kaani manalo 95% people ki repu ee time ki em cheyaali anna schedule kuda undadhu. So, manam brain ki oka pre fixed path ni create cheyaledu ane kada ardam. Appudu brain em chesthundhi? As I said dhaani istam vachina path lo nadusthundhi.

Anduke manakantu oka schedule undatam chaala chaala important. Okavela em schedule lekapothe manam mostly kaaliga undaalsi raavachu, okavela manam majority of the time kaaliga untunnam ante mana Default Mode Network (DMN) activate avuthundhi.

Default mode network gurinchi manaki telisinappudu mana brain working condition manaki inka baaga ardam avuthundhi. So next chapter lo manam DMN gurinchi telusukundham.

Top 5 takeaways

Top 5 takeaways

1. Brain's Survival Mode: Our brains are wired to focus on threats due to ancestral survival instincts, making us more sensitive to negativity.
2. Negative Bias: Negative thoughts are easier to form and stick due to the brain's rapid neuroplasticity.
3. Need for Purpose: Without clear goals, the brain defaults to negative thinking and stress.
4. Structure Helps: A structured routine directs the brain towards positive behavior and prevents negative patterns.
5. Default Mode Network (DMN): Without direction, the brain's DMN can lead to aimless, negative thinking.

Chapter: Seven

Default Mode Network

Inthaka mundhu chapter lo cheppinattu okavela manam pani cheyakapothe mana brain lo Default Mode Network activate avuthundhi. Ee default mode network activate ainappudu we lost in thoughts. Past lo jarigina panula gurinchi aina think chethundhi led a future lo jaragaalsina panula gurinchi aina think chethundhi.

Konni sarlu gamaninchaara? Meeru edhaina journey chethunnappudu ala window lo nundi bayataki chusthune untaaru, edho alochisthu untaaru. It seems like you lost in your own thoughts. Akkada meeku cheyadaniki work ledu, and brain ki edhaina specific thoughts paina think cheyadaniki meeru em path create cheyaledu. So adhi DMN activate chesi day dreaming cheselaaga chethundhi. Ee day dreaming chethunna time lo mee brain control teeskoni previous memory antha retrieve chestu edho vishayam paina concentrate cheselaaga chusthundhi. Ila manam schedule follow avvakunda unnappudu ekkuva sarlu DMN activate ayyi ekkuva sarlu day dreaming chese laaga provoke chethundhi.

Mostly mana brain V-DNA valla negative data paine focus chesthundhi kabatti DMN time lo kuda negative data gurinche think cheselaaga provoke chesthundhi.

Ippudu cheppandi manam inni negative panulu mana brain tho chepisthunnappudu mana brain manani depression loki pampisthundhi kada? Manaki stress levels peruguthundhi kada?

Intha deep ga mana brain lo changes jaruguthunnai kabatti manam depression nundi bayataki ralekapothunnam, manam okka positive psychological exercise kuda follow avvadam ledu kabatti manam inka depth ga negative thinking ni habituate cheskuntunnam. Anduke meeru day antha kaakapoyina day lo kontha time anna oka schedule ni follow avuthunnappudu meeku DNA activate ayye chances more than 70% thaggi meeru positive ga maare chances chaala varaki peruguthai.

Ippati varaki manam mana mind enni vidhaaluga negative thinking ki habituate avvagaladho chusam, chaala vishayaala paina avagahana techukunnam ika mundhu chapters lo mana mind ni ela positive ga work chepinchaalo nerchukundham.

Top 5 takeaways

1. **Default Mode Network (DMN):** Without a clear goal or routine, the brain activates the DMN, causing mind-wandering and negative thinking, often focusing on past or future worries.
2. **Negative Thinking Spiral:** Negative thoughts become ingrained over time, creating a habit that leads to higher stress and potential depression if not addressed.
3. **Importance of Structure:** Following a structured routine helps reduce DMN activation and shifts the brain toward positivity, preventing the negative thinking loop.
4. **Rewiring the Brain:** By actively practicing positive exercises and establishing routines, we can rewire our brain to foster healthier, more positive thought patterns.
5. **Breaking the Negative Cycle:** Committing to small, positive actions every day can help break the cycle of negativity and improve overall well-being.

Chapter: Eight

Dopaminergic Pathways

Very beginning lone nenu cheppinattu dopamine anedhi mana mental health ki chaala chaala important. So manam first dopamine nunde mana learning ni start cheddham.

Dopamine kevalam physical exercise chesinappudu matraame kaadu, manam motivated ga feel aina, edhaina manaki istam unna pani cheyadaniki excite ayina, ledha manam edhaina goal ni set cheskonni aa goal vaipu steps vethunna dopamine release avuthundhi.

Dopamine mana brain lo konni pathways nundi flow avuthundhi. Just like mana car highway nundi velthunattu. Ee pathways lo major pathway ni manam mesolimbic pathway antam. And ee mesolimbic pathway mana memory ki and mana emotions ki center aina nucleus accumbens ki connect ayyi untundhi.

So meeku ey vishayam lo aina dopamine release ayyi ee mesolimbic pathway nundi flow aiendi ante mana brain dheni valla dopamine release aiendhi anna data ni store

Cheskuntundhi malli malli adhe pani cheyadaniki manani push chesthundhi.

Kaani konni sarlu manam thappu dopamine, I mean previous chapters lo anukunattu cheap dopamine ni ee mesolimbic pathway nundi flow chestham. Like oka junk food ni thinadam, smoke cheyadam, social media lo evaru aina mana photo ki like chesthe happy feel avvadam laantivi.

Illa chinna chinna cheap dopamine mana mesolimbic pathway dwara flow avvadam valla mana brain malli malli adhe panulu cheselaaga provoke chesthundhi. Dheeni valla manam manaki telikunda instant gratification ki alavaatu aipothuntam. Idi enthaki lead chesthundhi ante manaki motivation drain chesi chinna chinna dopamine painane rely ayyelaaga chesthundhi.

Kaani manaki telusu, ee cheap dopamine ki manani motivate chesentha shakthi ledu, mana life ni better chesentha power ledu. Mana mind ni mana maata vinelaaga ee cheap dopamine cheyalevu.

Anduke manam mentally strong avvali anukunappudu manchi dopamine ni mana brain ki ivvali. Just like physically strong avvali annappudu manchi diet follow avvadam laaga annamaata.

Ee manchi dopamine manaki manani proud ga unche panulallo dorukuthundhi.

For example, meeku oka Porsche 911 ante istam undhi anukundham. And dhaanni ela aina nadapaali ani chaala korikaga undhi anukundham. Okavela repu morning edhaina magic jarigi mee inti mundhu Porsche 911 meekosam park chesi unte and adhi eppatiki meedhe ante mee brain entha positive dopamine release chesthundhi? Mana imagination ki kuda radhu kada?

Antha strong dopamine lo 50% ni manam mana mind ni cheat chesi roju podhuthu undachu. Dhaniki manakantu oka planning kaavali.

Example, nenu next 5 years Porsche 911 konta ani naatho nenu promise cheskunna anukundham. 5 years lo konaali ante 4th year lo manam ey stage lo undaali, 3rd year lo ey stage lo undaali, 2nd year ela undaali and next year ey stage lo undaali ani oka planning cheskunna anukundham. Naaku ippudu next year ey stage lo undaali anna idea vachindhi.

So nenu next year ah stage lo undaali ante 12th month lo ekkada undaali, 11th month lo ey stage lo undaali ila planning chesthu chesthu next month ey stage lo undaali anna daggaraki vachi aagipothaanu. Ippudu naa mundhu Porsche 911 target ledu. Just next month ey stage lo undaali anukunnano adhi matrame target undhi.

Okavela nenu just next month target ni reach avthe chaalu naa brain nenu Porsche 911 konadam lo 1 step success ayyaanu anukoni quality dopamine release cheshundhi. Mana paina manaki self love perigelaaga cheshundhi.

Initially first month manaki koddiga ibbandhi anipinchachu, because of pre occupied negative data. Alanti time lo okavela meeku negative thoughts vasthe, meetho meeru cheppandi, 'nenu Porsche 911' kosam target chesaanu, so ilanti negative thoughts valla manaki elanti use ledu ani. And ee thought valla emaina mana life ki use undha ani logical way lo alochinchandi.

Face wash cheskoni vacchi malli mee pani meeru cheyadam start cheyandi.

Dheeni valla catastrophising ki time undadhu, Default Mode Network jarigi day dreaming cheyadaniki time undadhu, dheeni valla mee subconscious mind calm ga undi, conscious mind dhaani pani adi cheskunelaaga help chesthundhi.

Ila meeru cheap dopamine paina rely avvakunda manchi quality dopamine ni release chesthu mee life lo oka planning tho better avvuthu raavachu.

Just imagine ee process lo mee brain lo konni kottha brain cells form ayyi aa cells meeru chesthunna panulaki support chesthe entha baguntundho kadha? Anduke next chapter lo manam Neurogenesis gurinchi nerchukundham.

Top 5 takeaways

1. Dopamine drives motivation: It rewards us for taking action toward goals.
2. Good vs. Cheap Dopamine: Quality dopamine comes from long-term goals, while cheap dopamine offers short-term pleasure.
3. Set clear goals: Break them down into smaller milestones to keep dopamine flowing and stay motivated.
4. Shift from negativity: Focus on goals to combat negative thoughts and stay on track.
5. Neurogenesis: Achieving goals promotes brain growth, improving cognitive function.

Chapter: Nine

Neurogenesis

Mana brain oka fixed machine kaadu, as I said you million times, it is most efficient organ. Idi enduku chepthunna ante mana brain lo unna cells matrame kaakunda manam kottha brain cells ni kuda putinchachu. Idi ela ante manam already unna garden lo kotthaga konni poola chettlu naatinattuga annamaata.

Ila okavela manam kottha brain cells ni positive way lo puttinchinattu avthe avi manani chaala tworaga positive direction lo vellelaaga help chesthundhi. Kaani ee new brain cells manam konni panulu chesinappudu matrame puduthu untai. Okkasaari new positive brain cells manalo puttai ante manaki telikundane mana memory, mood, emotional balance anni set avuthaayi.

So ippudu em chesthe mana brain lo kottha cells pudathaayo nerchukundham.

1. Learning something new: manam okka kottha skill ni leda kottha language ni, leda kottha hobby ni alavaatu cheskunnappudu already unna data kakunda kottha data mana subconscious mind ki ravadaniki ready ga unnappudu mana brain lo kottha brain cells puttadam start avuthai.

Ee kottha brain cells learning something new ane oka positive data ni carry chesthundhi kabatti pre occupied negative data tho sambandham lekunda mana subconscious mind lo store avuthayi.

2. Physical exercise: manam walking, gym, leda running laanti physical exercise ni chesinappudu mana body lo oka protein release avuthundhi. Dhaani peru Brain Derived Neurotrophic Factor (BDNF) Ee BDNF mana brain cells ki fertilizer laaga work chesthundhi. Anduke prathi psychologist meeru em chesina cheyakapoyina physical exercise maatram mandatory ga cheyandi ani suggest chesthaaru.

3. Meditation and sleep: manaki day lo proper ga meditation undatam leda proper sleep undatam anedhi chaala chaala mandatory. Enduku ante good sleep unnappudu matrame neurogenesis proper ga work chesthundhi. Tworaga kottha brain cells puduthuntaayi. Okavela proper sleep lekapothe meeru kotthaga em pani chesina kuda neurogenesis jaragadhu. Chaala kastam avuthundhi.

Okasaari veetini chronological order lo petti chudandi. Meeru kotthaga emaina nerchukuntunnappudu brain kottha cells ni puttinchadaniki try chesthundhi.

Ala puttalsina cells ki physical exercise cheyadam valla protein andhuthundhi. Ala koddiga puttina cells ki proper sleep and meditation valla immediate ga maturity vasthundhi.

Idhi antha baagane undi. Kaani, ee neurogenesis valla kottha cells ni puttinchadam enduku ani meeku doubt ravachu.

Imagine, meeru konni years nundi negative thinking chesthunnaru anukundham. Dhaani valla mee subconscious mind ninda negative thinking matrame undi. So group of pre existing brain cells oka network of neurons ga form ayyi aa network antha negativity thone assign aiendi anukundham. Ee time lo meeru pre existing network lo unna negative data ni maarchadam kastam avvachu. Adhe meeru neurogenesis dwaara new brain cells form cheyagaligithe new networks form avuthai. Idi positive panulu chesthunnappudu puduthunnai kabatti meeru positive ga think cheyadaniki, positive emotions ni inherit cheskodaniki, positive ga behave cheyadaniki use avuthundhi. Illa continues ga manam kottha cells paina depend ayyi old negative networks ni use cheyakunda unte mana brain aa old network manaki inka use ledu anukoni dhaanni deactivate chesthundhi.

Ila kottha brain cells valla manaki learning abilities kuda peruguthaayi. Mana brain lo mana thinking ki, decision making ki, learning ki, emotional regulations ki chaala important aina prefrontal cortex kuda baaga develop avuthundhi.

Ippudu meeku oka doubt ravachu, ee kottha brain cells ni use cheskoni old subconscious data ni ela remove cheyaali ani. That's very simple. Manam previous chapters lo chadivinattu visualisation, positive affirmations cheyadam valla ee new cells manam oka motivated person laaga feel ayyi old data unimportant and irrelevant anukoni aa data ni remove cheyadaniki help chesthundhi.

Inni uses unna neurogenesis kevalam manaki proper ga rest teeskuntu, physical exercise chesthu, kottha vishayaalani nerchukuntunnappudu vasthai ante mana human anatomy manaki entha supportive ga undhi ani manam ardam cheskovachu. Kaani chaala mandhi just ee chinna chinna panulu cheyakunda, life antha negative data ni store cheskoni suffer avuthune undatam entha varaki correct antaaru?

Ila neurogenesis cheyadam valla meeku cheap dopamine tho kuda pani ledu, because mee brain learning something new nundi physical exercise nundi

Chaala healthy dopamine ni pondhuthundhi. Which means mana body lo cortisol levels kuda thagguthaayi. Ante mana brain easy ga mana maata vintundhi ani ardam. So positive thinking ni habituate cheskovaali anukunna prathi okkaru neurogenesis chesthe vaallu expect chesina results chaala fast ga vaallaki vasthai.

Ivanni mana resilience ni penchuthundhi. Resilience ante elanti failure aina thattukoni nilabade mindset. Ee resilience ni ela inka powerful ga develop cheskovaalo next chapter lo chuddham.

Top 5 takeaways

1. **Neurogenesis:** Your brain can create new cells, which can help break old negative patterns and create new, positive pathways.
2. **Learning & Challenges:** Learning new things promotes neurogenesis, creating space for fresh, positive neural connections.
3. **Physical Exercise:** Exercise stimulates the growth of brain cells by releasing Brain Derived Neurotrophic Factor (BDNF), a brain-nourishing protein.
4. **Sleep & Meditation:** Quality rest is essential for neurogenesis, allowing the brain to repair and grow new cells.
5. **Quality Dopamine:** Focus on setting meaningful goals and achieving them to generate lasting motivation and support brain growth, as opposed to relying on cheap dopamine from instant gratifications.

Chapter: Ten

Resilience

Resilience ante intaka mundhu cheppinattu elanti kastam vachina, elanti problem vachina manam face ni edhuru nilabade strong mindset.

Meeru eppudu aina gamaninchaara. Manaki edhaina unexpected ga jariginappudu manam andulo unna negativity ni matrame alochistham thappa positivity ni assalu teeskomu. For example manaki sudden ga job poyina, edhaina exam lo fail ayina, mana partner nundi break ayina kevalam manam ala enduku jarigindhi, ala jaragakunda unte baagundu ani matraame think chestham thappa, andulo nundi em nerchukovaali, ela better avvaali ani alochincham. Ila continues ga negativity paine think cheyadam valla em jaruguthundho manaki already telusu. Cortisol release avuthundhi, neuroplasticity jarigi subconscious mind lo negative data store avuthundhi thappa positive ga em jaragadhu.

Ilanti mindset nundi manam bayataki vachinnappudu mana mental health lone kaadu, entire life lone chaala better position lo undachu. Ilanti mindset nundi bayataki ravaali ante manaki fixed minset povaali, growth mindset peragaali.

Fixed mindset:

For example: meeru interview lo fail ayyaru anukundham. Appudu entha sepu 'nenu interview ni crack cheyalenu, interview ni crack chese luck naaku ledu' ani alochisthu adhe negative data ni subconscious mind ki pampisthunnaru anukundham. Illa cheyadam valla meeru failure anna information mee subconscious mind lone reach avuthundhi.

Growth mindset:

Kaani adhe time lo okavela meeru ee failure ni accept chesi, 'Nenu eesaari baaga practice chesthaanu, manchi company lo job kodathaanu, ekkada mistake aiendho evaluate cheskoni better avuthaanu' ani alochinchinappudu mee subconscious mind meeru fail ayyaru thappa failure kaadu, you are strong anukoni mee subconscious mind lo strong positive feedback ni store cheskuntundhi.

Ippudu meeku doubt ravachu, ee growth mindset ni habituate cheskodam ela ani. Just eppudu failures vachina kuda mimalni meeru konni questions adagadam alavaatu cheskondi.

1. What can I learn from this?
2. What can I do differently next time?
3. What lessons can I take away from this experience?

4. What positive opportunities might arise from this setback?
5. What small steps can I take today to move forward?

Ee 5 questions ki meeku answer telisinappudu sagam negative thinking meeku thaggipothundhi. Ee questions mimalni mee emotions pakkana petti, logical way lo solution kosam think cheselaaga help chestundhi.

Nenu naa career lo oka pattern ni observe chesaanu. Life lo failures chusina persons chaala goppa stage lo undatam chusaanu. Vaallu andaru valla success ni matrame kaadu, valla efforts ni kuda celebrate cheyadam gamaninchaanu. Vaalla role models life styles nundi positive vishayaalani nerchukoni failures vachinappudu vaatini use chesi positive ga forward ki velladam gamaninchaanu. Ee resilience penche process lo mimalni meeru balam ga nammaali, meekosam meeru fight cheyaali. Mee kosam meeru nilabadaali. Ippati daaka prathi second meetho unna oke oka living being meeru maatrame. Alanti meeru mee paina katinanga unte ela? Alanti meeru failures ki mimalni meeru support cheyakapothe ela?

Mana mental health ni dooram chese hakku evariki ledu. Genuine ga cheppalante mee mental health ni spoil chese hakku meeku kuda ledu.

Anduke ee growth mindset meeku develop avvadaniki nenu challenge reframing worksheet ni kindha provide chesthunna. Andaru mee answers ni oka book lo rayandi.

Challenge Reframing Worksheet

Step 1: Identify the challenge

Meeru eerojullo dheni gurinchi suffer avuthunnaru rayandi. Adhi edhi aina avvachu, mee career related avvachu, personality related avvachu, mee relationships avvachu. Just identify and write.

Step 2: Recognise fixed mindset thoughts

Paina face chesthunna challenge valla meeku elanti proof leni fixed mindset negative thoughts unnayo raayandi.

(Ex: Naaku break up aiendhi, nenoka failure ni)

1. _____
2. _____
3. _____

Step 3: Reframe with a growth mindset

Aa fixed mindset lo unna thoughts ni mee growth mindset tho positive way lo maarchi raayandi. Ee mindset lo meeru logical ga analyse chesi raayandi.

(Ex: Naaku breakup aiendhi kaani, nenu failure kaadu, kevalam iddhari thinking process set avvanandhuku meemu apart ayyam)

1. _____
2. _____
3. _____

Step 4: Set actionable goals

Ippudu ee situation nundi meeru bayataki vachi malli happy ga lead cheyadaniki meeru elanti steps ni teeskovaali anukuntunnaru? Achievable and manageable goals ni mention cheyandi.

1. _____
2. _____
3. _____

Step 5: How you will celebrate your progress?

Meeru raasukunna actionable goals ni achieve chesthunna time lo each goal complete ainappudu ela celebrate cheskoni mimalni meeru encourage cheskovaali anukuntunnaru?

1. _____
2. _____
3. _____

Ee worksheet ni meeru time teeskoni answer chesina parledu. Kaani ilanti worksheet paina time spend cheyadam valla manam emotional ga kakunda logical ga think cheyadiki ekuva scope untundhi. Meeru store cheskunna negative data, positive ga maaradaniki use avuthundhi.

Illa prathi problem ni manam above format lo think cheyagaligithe mee brain lo unna prefrontal cortex baaga work chesthundhi. Dhaani valla mee logical thinking, analytical skills peruguthundhi.

Top 5 takeaways

1. Resilience & Growth Mindset: Resilience is the ability to face adversity with strength. A growth mindset allows you to view setbacks as opportunities for learning and growth, rather than failure.
2. Cortisol and Negative Thinking: Dwelling on negativity releases cortisol, a stress hormone, that harms neuroplasticity, making it harder to form new positive thought patterns.
3. Fixed vs. Growth Mindset: A fixed mindset leads to self-limiting beliefs, while a growth mindset helps you learn from setbacks, leading to positive change.
4. Developing a Growth Mindset: Shift your thinking by asking solution-focused questions like, "What can I learn from this?" and "What positive opportunities can arise from this setback?"
5. Challenge Reframing Worksheet: Use this tool to identify challenges, reframe negative thoughts, set actionable goals, and celebrate progress, strengthening your resilience and prefrontal cortex.

Chapter: Eleven

The MAGICAL KEY

Ippati varaki manam ee book lo chaala scientific vishayaalu nerchukunnam. Chaala data discuss chesam, Ippudu ee subconscious mind ni open chesi andulo meeru nerchukunna positive data ni secure cheyalante meeko key kaavali. Oka magical key to be precise. Ee magical key tho manam lock open chesthe entha negative ga unna subconscious data ni aina positive ga cheyagalam.

Aa magical key peru : **Self-Love.**

Life is unpredictable, prathidhi manam anukunattu jaragapovachu. Alanti time brain catastrophising chesthu kevalam negative thoughts and negative outcomes painane alochinchachu. Ee time lo konni saarlu manam mistake chesam anipinchachu. Self-guilt peragachu, manani manam question cheskune situation ravachu, suicidal thoughts ravachu, intha drama mana brain lo jaruguthundatam valla self-love kolpovachu. Kaani the moment you loose self-love, mee brain ki evarikosam fight cheyaalo ardam kaadu, positive data anta melliga deactivate avuthu, kevalam negative data matrame work cheyadam start chesthundhi. Self-love ante manam books lo chadivinattu manaki manam padhi saarlu 'I love you' cheppadam kaadu. Genuine ga manani manam istapadatam. Mana life lo jarigina mistakes ni accept cheyagalagadam.

Prathi mistake venaka edho oka reason undi undachu, kaani aa mistake paina think chesthu mana mental health ni spoil cheyakapovadam self-love.

Self-love venaka chaala peddha science undhi. mana brain movements tho interlink undhi. Manaki self-love ela mana day to day life implement cheyaalo ardam kavaali. Okavela manam mana paina prematho, concerned ga unte, mana brain chaala positive ga respond avuthundhi.

For example, meeru edo silly mistake chesi mee partner tho godava paddaru anukundham. Aa time lo meeku mee mistake ardam ayyaka normal ga em think chesthaaru? 'cha! Nenu ila chesi undakapothe bagundu' ane kada. Adhe time lo okavela meeru 'it's okay, mistake jarigipoyindhi, but everyone makes mistakes, nenu ee situation nundi nerchukoni next time ilanti mistake avvakunda chuskovachu.' Ani alochinchi unte ventane mee prefrontal cortex efficient ga work cheyadam start chesi meeru unna relationship problem nundi bayataki ravadaniki oka manchi solution cheppedhi.

You read it right, just ala alochinchadам valla mana prefrontal cortex chaala efficient ga work chesedhi.

Ilanti positive self-talk ki brain lo neuroplasticity jarigi ee self-love ane data ni mana subconscious mind lo store chesthe, entha negative data aina mana subconscious mind loki velladam kastam avuthundhi.

Meeru oka pattern ni observe cheyandi, depression lo unna vaallu, led a disorders tho unna vaallalo chaala mandhiki vaalla paina vaallaki self-love undadhu. Nenu too much self-love gurinchi matladatam ledu, it might lead to another segment. But, undalsinantha undaali ani cheppadaniki try chesthunna.

Mimalni meeru value cheskodam start chesthe mee brain mimalni value chesthundhi, mee brain mimalni value cheyadam start chesthe external ga manani evaru hurt cheyaleru. We become strong and resilient.

Self-love ni penchadaniki manaki chaala techniques unnai, andulo most important and best proven method is Gratitude journaling. Everyday meeru aa rooju chesina manchi panulani, led a meeru proud ga feel aina moments ni night padukunetappudu oka book lo raasi, mee kosam meeru intha work chesinanduku thanks cheppukondi. Dheeni valla self-love peruguthundhi. And ila book lo raasinappudu dopamine kuda release avuthundhi.

So ee dopamine mana mesolimbic pathway nundi flow avvadam valla mana brain meeru self-love ki sambandhinchina panulu chesthunnappudu dopamine release aiendhi ani gurthupettukoni, adhe panulu malli malli cheselaaga provoke chesthundhi. Dheeni gurinchi manam already above chapters discuss kuda chesam.

Illa mee paina meeku self-love undatam valla, mee stress levels thagguthaayi, anxiety control avuthundhi, emotional regulation better avuthundhi. Self-esteem peruguthundhi.

Mana entire mental health ki roots laaga work chesedhi mana self-love ani cheppachu. Okavela oka maha vruksham roots chaala balam ga unte enni thoofan lu vacchina kuda ooguthundhi emo kani padipodhu. Kaani roots ey strong ga lekunte, chinna vadagaaliki kuda vruksham nelaki cheruthundhi.

Alaane meeku meeru ante prema unte enni problems vachina koddiga sathamatham avuthaaru emo kani depression loki velliporu. Adhe meeku mee paina self-love lekapothe oka chinna problem kuda peddaga mee life ki damage cheyachu.

Self-love mana mental health ki emotional health ki chaala important. Idi oka powerful tool. Ee self-love practice cheyadam valla meeru mee own biggest supporter avvagalaru.

Top 5 takeaways

1. **Self-love** is essential for transforming negative thoughts into positive ones, boosting mental health.
2. Positive self-talk activates **neuroplasticity**, replacing negative patterns with healthier ones.
3. **Catastrophizing** stems from a lack of self-love, while self-compassion enhances resilience.
4. **Gratitude journaling** boosts self-love, reduces stress, and increases dopamine.
5. **Self-love** is the foundation of mental strength, helping us withstand life's challenges.

Chapter: Twelve

The Writer

Imagine meeru oka manchi writer anukundham. Mimalni oka movie ki story raayamani adigaaru anukundham. Kaani, meeku konni paatha stories ni ichi ah stories loni scenes ni telikunda edo manage chesthu recreate cheyamani adigaaru anukundham. Alanti movie ki manam heartful ga raayagalama? No! mana brain oppukodhu kada? Enduku ante meeru mee own ga story raasi aa story ni movie ga teesinappude meeru chaala satisfy avuthaaru.

Eesari meeru manchi writer kaadu anukundham. Same old stories ni ichi aa stories loni scenes ni telikunda edo manage chesthu recreate cheyamante, you will fee much happy kada. "Hamayya! ippudu nenu concentration petti kottha story ni create cheyalsina pani ledu" ani relax avuthaaru kada.

Mari mee brain ki meeru manchi writer ani telisedhi eppudu? Meeru koddiga efforts peduthu kottha concepts ni think chesthunnappude kada. Okavela meeru kottha concepts ni think cheyadam ledu ante mee brain drustilo meeru manchi writer kaadu ane kada ardam.

Same idhe situation mana life lo kuda jaruguthundhi. Manam mana past lo jarigina kathalane malli malli alochisthu adhe old movie loni scenes ni ippudu recreate chestunnam thappa kotthaga maarchadaniki effort pettadam ledu.

Okavela meeru nijam ga thaluchukunte mee brain meeku prathi answer ivvadaniki ready ga undhi. nijam cheppalante meeru thaluchukunte kottha brain cells ni produce chesi maree meeru positive ga think cheyadaniki, help cheyadaniki ready ga undhi. Kani, mana brain manaki help cheyaali ante dhaniki oka purpose ni manam chupinchaali. English lo oka quote untundhi, 'A ship without a destination will drift aimlessly at sea' ani. Mana mind kuda anthe. Manakantu oka aim lekapothe mana mind etu vellalo ardam kaaka,akkade tiruguthu untundhi.

Manalo dhairyam unte chaalu, mana past nundi vachina traumas ni, negative subconscious mind ni annintini dhaati mana story ni manam 'rewrite' cheyagalam.

Manam ikkada oka vishayam gurthupettukovaali, mana subconscious mind loki oka negative data vellindhi ante, edo oka time lo mana conscious mind aa data ni pampadom vallane.

So ippudu meeru mee past ni think chesthu, traumas gurinchi alochisthu, subconscious mind data thone time spend cheyakunda, meetho unna conscious mind ni proper ga utilise chesi kottha positive data ni pampadaniki try chesinappudu, manam mana old story deactivate cheyagalam.

Manam mana story ni rewrite cheyadam ante complete ga mee past ni marchipondi ani kaadu. Aa past ni ardam cheskoni, present lo ela respond avuthe future lo elanti benefits untai ani think chesi proceed avvadam.

Meeru mee story ni rewrite chesemundhu meeru oka letter raayalsi untundhi. It's a letter to your future self.

Okka saari ee book ayyaka eyes close cheskoni, Meeru future lo ela undaali anukuntunnaru, entha happy ga undaali anukuntunnaru, entha successful life ni lead cheyaali anukuntunnaru ani visualise cheskondi. Aa taravata, ippudu ela unnaru ani observe cheyandi. Oka pen and paper teeskoni mee future self ki oka letter raayandi. Meeru mee future self ni yeppudu meet avvabothunnaru? Meeru mee future self ni meet avvadaniki eeroju nundi em bad habits ni odhilesthunnaru? Em kottha positive habits ni mee daily life lo start cheyabothunnaru? Anni clear ga meeku meeru oka letter raayandi. It's a letter to yourself.

Ah letter ni meeru demotivate ayina prathi saari okka saari chadavandi. Dhaani valla meeru motivated ga unte mee future ela untundhi anna visualisation brain ki vachi ventane mimalni efficient ga work cheselaaga prepare chesthundhi.

Okka maata gurhupettukondi, evaru aithe raasina story ni malli malli raastharo, valla life chaala boring ga untundhi. Evaru aithe oka kottha story ni create cheyagalaro vaalla life lo life untundhi.

Top 5 takeaways

1. Create Your Own Story: Don't keep replaying past mistakes. Take control and actively rewrite your future.
2. Purpose Drives Progress: Your brain needs a clear goal to function optimally. Without direction, it drifts aimlessly.
3. Rewrite Negative Data: Instead of dwelling on past trauma, consciously replace negative thoughts with positive ones to create a better future.
4. Visualization Sparks Motivation: Writing a letter to your future self can motivate you and keep you focused on your goals.
5. Growth Comes from Change: People who embrace change and create new narratives live more fulfilling, growth-filled lives.

Chapter: Thirteen

The Beginning

Meeru ee book purchase chesi ee page daaka vachaaru ante edo oka reason untundhi, mee mental health better avvaali ani meeru korukunte thappa intha dooram meeru raaleru.

Ee page chadivesariki meeku conscious mind ante enti ani telusu, subconscious mind ento telusu, subconscious mind lo ela data store avuthundho telusu. Mana body lo different chemicals eppudu release ayyi manani ela respond ayyelaaga chesthaayo meeku telusu. Neuroplasticity ante telusu. How brain works ani meeku telusu, Default mode network ela activate avuthundho meeku telusu. Dopaminergic pathways meeku telusu. Veetitho paatu neurogenesis dwara kottha cells ela produce cheyaali ani meeku telusu.

Ippudu mee daggara complete knowledge undhi. inthavaraki eh book lo publish avvani knowledge undhi, chaala techniques ni kuda meeru ee book lo chadivaaru. Ippudu meeru chadivina prathi positive technique ni life lo implement chesi mee body lo kottha brain cells ni produce chesi negative subconscious mind data ni deactivate cheyadaniki meeru ready ga unnaru.

Mental health eh okka person sontham kaadu. Its everyone's right. Mana mental health entha better ga manam kaapadukunte mana future antha chakkaga untundhi.

Nenu ee book lo chaala kastamaina techniques assalu describe cheyaledu. Chaala easy and most efficient techniques ni matrame describe chesaanu. Ee techniques ni meeru use chesi positive data ni inherit cheskuntaaru ani balam ga nammuthunna.

Mana life lo inthavaraki emaina jarigi undachu, kaani adhi antha gathame. Present lo meeru entha better ga untaaro, antha fast ga neuroplasticity jarigi antha fast ga mee future kuda positive ga transform avuthu untundhi.

Ee book ki ee chapter ending kavachu. Kaani prathi antham okka kottha modhaluki moolam. Alane ee book ending mee kottha beginning ki oka ponadhi avutundhi.

Nenu naa complete research ni ee book lo petti intha scientifical knowledge share cheyadaniki oke oka reason undhi. Ee book chadivina prathi okkaru okka kottha life ni start cheyaali ani na asha.

Nenu meeku explain chesindhi theory matrame kaadu, konni kotla mandhini positive ga maarchadaniki help chesina hidden treasury.

Ee book ni meeru kaasepatlo close cheyachu. Kaani, mee life ane book matram meeru edhaina adbuthamainadhi raastharu ani open chese undhi. Mee life loni pages meeru rayadam kosam wait chesthune unnai. Go, rewrite the story. Inka aa paatha gnapakaalatho meeru raasina kathane malli malli raayakandi. Eesari mee story ni inspiring ga raayandi. Padhi mandhiki help ayyelaaga raayandi. Mee mental health strong ayyela raayandi. **Rewrite the story.**

Thank you so much for trusting me with your journey.

Okkati guthupettukondi,

If not now, then when?

If not you, then who?

- Pradeep Karengula

Additional Helpful Information & Resources

Visualisation :

Mundhu manam future lo em kaavali anukuntunnam, ela undaali anukuntunnam, elanti house lo undaali, em car nadapaali, elanti dress cheskovaali anni specific ga clear gaa oka paper paina raaskovaali.

Night manam padukunnaaka oka 5 deep breathes teeskoni manam raaskunna points anni present tense lo jarigipoyi manam aa car lo tiruguthunattu, aa house lo untunnattu imagine cheskuntu melliga nidrapovadaniki try cheyaali.

Okavela visualisation kanna mundhu meeru PMR exercise chesthe visualisation inka ekuva powerful ga untundhi. Youtube lo meeku PMR exercise ani type chesthe chaala videos vasthai. Andulo chusthu meeru cheyaachu.

Top 50 positive affirmations:

1. I am enough, just as I am.
2. Every day, I grow stronger.
3. I am worthy of love and respect.
4. I trust in my abilities and talents.
5. My potential is limitless.
6. I choose happiness over fear.
7. I attract positivity and success.
8. I am confident in who I am.
9. I forgive myself and let go of the past.
10. I am grateful for all that I have.
11. I am deserving of all good things.
12. I am the creator of my own destiny.
13. I am constantly evolving into my best self.
14. I embrace change as an opportunity.

15. I have the power to create the life I desire.
16. I trust the process of life.
17. I am at peace with my past.
18. I am in control of my thoughts and emotions.
19. I am proud of the progress I have made.
20. I radiate confidence, self-respect, and inner harmony.
21. I trust in the timing of my life.
22. I am becoming the best version of myself.
23. I choose to be happy right now.
24. I am capable of achieving greatness.
25. I am worthy of all the love I give.
26. I am resilient and can overcome any challenge.
27. I am grateful for the abundance in my life.
28. I trust that everything is unfolding perfectly.
29. I am strong, powerful, and unstoppable.

30. I am grateful for the opportunities that come my way.
31. I am deserving of a healthy, loving relationship.
32. I am open to new opportunities and experiences.
33. I believe in my dreams and abilities.
34. I am worthy of success and happiness.
35. I am in charge of how I feel today.
36. I am worthy of financial abundance.
37. I am a magnet for positive energy.
38. I am capable of achieving my goals.
39. I am proud of who I am becoming.
40. I am healthy, wealthy, and secure.
41. I am always growing and developing.
42. I am grateful for this moment and find joy in it.
43. I am not afraid to be wrong or make mistakes.

44. I trust in my decisions and actions.
45. I am the architect of my life.
46. I am deserving of peace and joy.
47. I am constantly learning and growing.
48. I am proud of my accomplishments and success.
49. I am at peace with who I am.
50. I am becoming better every day in every way.

Positive Questionnaire to Overcome Depression - Worksheet

This worksheet is designed to help shift your mindset towards positive thinking and begin the journey toward overcoming depression. Take your time to reflect on each question and answer honestly. Remember, this is about creating awareness and fostering small steps toward change.

1. Self-Reflection & Gratitude

- What are 3 things I am grateful for today?

Example: A supportive friend, a warm cup of tea, a nice walk outside.

1. _____

2. _____

3. _____

- What small victories or positive moments have I had in the last week?

Example: Getting out of bed, having a conversation, eating a nutritious meal.

1. _____

2. _____

3. _____

2. Positive Affirmations

- What positive statements can I tell myself today to counter negative thoughts?

Example: "I am worthy of love and respect," "This feeling will pass."

1. _____
 2. _____
 3. _____
-

3. Building a Support System

- Who are the people in my life who make me feel understood, supported, or loved?
List their names and why they make you feel good.

1. _____
 2. _____
 3. _____
-

- When is the last time I reached out to someone for support or just a friendly chat? Write about the experience.
-
-

4. Challenging Negative Thoughts

- What are some negative beliefs I have about myself, and how can I reframe them?
Example: "I'm not good enough" can be reframed to "I am doing my best, and that's enough."

1. Negative Thought: _____ |
Reframed Thought: _____

2. Negative Thought: _____ |
Reframed Thought: _____

3. Negative Thought: _____ |
Reframed Thought: _____

5. Self-Care & Wellness

- What self-care activities can I incorporate into my daily routine to boost my mood?

Example: A short walk, listening to music, meditating, taking a relaxing bath.

1. _____

2. _____

3. _____

- How can I improve my sleep, nutrition, or physical activity to feel better?

Write down one small change you can make in each area.

◦ Sleep: _____

- Nutrition: _____
 - Activity: _____
-

6. Setting Small, Achievable Goals

- What is one small goal I can achieve today to feel accomplished?

Example: Making the bed, completing one task at work, taking a walk outside.

- What is one thing I can do tomorrow to move forward in my healing journey?
-
-

7. Looking Forward to the Future

- What positive outcomes am I hopeful for in the coming weeks or months?

Example: Feeling more energized, reconnecting with friends, starting a new hobby.

1. _____
 2. _____
 3. _____
-

8. Finding Joy in the Small Things

- What small thing today can I do to bring me joy or comfort?

Example: Reading a book, enjoying a cup of tea, watching a favorite show.

Reminder: Healing takes time, and it's okay to take small steps. The goal is progress, not perfection. Keep this worksheet in a place you can revisit when needed and take note of your improvements along the way.

Anxiety Worksheet

This worksheet is designed to help you identify, understand, and manage your anxiety. By acknowledging your feelings and learning strategies to manage them, you can begin to gain more control over your anxiety.

1. Identifying Your Anxiety

- **What situations or thoughts trigger your anxiety?**
Write down the things that make you feel anxious.

1. _____

2. _____

3. _____

- **How do you physically feel when you are anxious?**

Example: racing heart, shallow breathing, tight chest, etc.

1. _____

2. _____

3. _____

- **How do you think or feel emotionally when you experience anxiety?**

Example: fear, worry, overwhelmed, helpless, etc.

- 1.
 - 2.
 - 3.

2. Challenging Negative Thoughts

- What negative thoughts do you have when you feel anxious?

Example: "I can't handle this," "Something bad will happen."

- 1.
 - 2.
 - 3.

- How can you reframe or challenge these negative thoughts?

Example: "I have faced challenges before and can handle this too," "I am capable of managing my anxiety."

1. Reframed Thought:

2. Reframed Thought:

3. Reframed Thought:

3. Grounding Techniques

- When anxiety strikes, try one of these grounding techniques to bring yourself back to the present moment. Choose one that resonates with you.
 - 5-4-3-2-1 Grounding: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
 - Breathing Exercise: Take 4 deep breaths in (hold for 4 seconds), then breathe out slowly for 4 seconds.
 - Body Scan: Focus on each part of your body and release any tension starting from your toes to your head.
 - Which grounding technique works best for you?
-
-

4. Coping Strategies

- What are some healthy ways you can manage your anxiety?

Example: exercise, journaling, talking to a friend, listening to music, relaxation techniques.

1. _____
2. _____
3. _____

- How can you use your coping strategies today to manage anxiety?

1. _____
 2. _____
 3. _____
-

5. Identifying Triggers & Solutions

- List the specific triggers that cause you anxiety and what you can do to prevent or reduce the impact of these triggers.

Example: If large crowds trigger anxiety, you could plan to attend smaller gatherings or practice deep breathing before an event.

1. Trigger: _____ |
Solution: _____
 2. Trigger: _____ |
Solution: _____
 3. Trigger: _____ |
Solution: _____
-

6. Positive Affirmations

- What positive affirmations can you use to calm yourself when anxious?

Example: "I am safe," "This feeling is temporary," "I can handle this."

1. _____
 2. _____
 3. _____
-

7. Relaxation Exercises

- What relaxation activities can you engage in to soothe your mind and body?

Example: Yoga, progressive muscle relaxation, mindfulness meditation, deep breathing.

1. _____
2. _____
3. _____

- How can you incorporate these activities into your routine?

1. _____
2. _____
3. _____

8. Tracking Your Anxiety

- Track your anxiety levels throughout the day using a scale of 1 to 10 (1 = no anxiety, 10 = overwhelming anxiety).
 - Morning: _____
 - Midday: _____
 - Evening: _____
- What strategies helped reduce your anxiety during the day?

1. _____
 2. _____
 3. _____
-

9. Action Plan for the Future

- What steps can you take to reduce anxiety in the long term?
Example: therapy, lifestyle changes, self-care, mindfulness practice.

1. _____
 2. _____
 3. _____
-

Reminder: Anxiety is a natural response to stress, but with consistent effort and the right tools, you can reduce its impact. Practice using the techniques and strategies in this worksheet to gain more control over your anxiety.

THE END