

Podcast Episode 3

Observing and Identifying Thoughts Colours

Welcome to Saije care, a podcast where I take you on a journey of healing, growing, self-acceptance and a whole lot of exploration

In episode 3 I will be talking about Observing and Identifying our thoughts with colour. In this episode, I will be presenting a tool to help you identify the type of thoughts that you are having. I was introduced to this tool while I was working as a probation officer. I was trained to deliver several programs and one of those programs was to assist individuals in making better choices. However, before you can teach someone how they can bring better choices into their life, they need to be able to identify the type of thoughts that they are having. What colour of thoughts are pre-dominantly taking over? During my career, what I observed was that this tool helped individuals break down what they were thinking at the time of their blunders. This was one way to break it down and make it simple for any level. I created a younger version, which I've incorporated emotions. You can go to my YouTube page at Saije Care with Caroline and click on Colours, Attitudes and Emotions.

But, before I get into that, I will do a brief recap of what I covered in the last two episodes.

In episode one, I presented feelings and emotions and how we have limited knowledge and abilities in dealing with our feelings and emotions, because most of us fear them, because we don't understand them. I also addressed how the more we suppress our feelings and emotions, the more we only trap them within our physical body, which affects not only our physical health, but also our mental and emotional health.

We know that feelings are activated by one of our 5 senses (sight, sound, smell, taste, touch).

That activated feeling, we know is alerting us of something, however, depending on our emotional intelligence, what feelings/emotions we were mostly exposed to during our formative years (0-8 years of age), we tend to avoid them. And we tend to avoid them, because the ones that we were exposed to we tend to identify them as negative (anger, sadness, rejection, hurt, guilt). I used examples in my life to demonstrate my emotional intelligence, due to what I was exposed to during my formative years and how I struggled for years with even going near my own feelings and emotions. We identify them as making us feel bad about ourselves, so we try to avoid them.

Once activated, the feeling travels its way up to our thoughts. And... Depending on our Tribal Beliefs, this will impact our thoughts towards the activated feeling. This will have an impact on your emotions, which evokes a physical response/behaviour/actions. Why? Because we think how we feel. We feel how we think. By using this tool, it helps you organize your emotions by colour, which allows you to break them down and identify them a little easier and to observe where your attitudes are as well.

In episode 2 I decided to cover our core beliefs which I identify as our Tribal Beliefs. I define Tribal Beliefs: As a collection of beliefs introduced in our formative years, through our familial environment that we have accepted to be the truth, to be real. I presented an exercise that I created for myself to identify my own tribal beliefs, which I use during my meditation practice. It's by identifying our tribal beliefs that we have inheritate from our families that we can decide what we want to keep as a belief and what we want to discard. We don't realize how we internalize our tribal beliefs to the point where they become so deeply rooted we end up being trapped in our own emotional prison, not knowing how to escape it. When we examine our tribal beliefs, we are able to examine where our beliefs originated from and we have the control to decide which beliefs we want to hold on to and which ones we want to let go.

We know that:

Our feelings are activated.

That activated feeling travels to our thoughts.

Our tribal beliefs impact our thoughts.

Our thoughts impact our emotions.

Therefore, I'm in control of my emotions, since I am the only one in charge of my thoughts.

How can we identify our thinking pattern through colour?

Lets take a look.

WHAT ARE THOUGHTS AND BELIEFS

Thoughts are mental cognitions—our ideas, opinions, and beliefs about ourselves and the world around us. ... Our thoughts are shaped by our life experiences, our genetics, and education, they are generally under conscious control. In other words, if you are aware of your thoughts and attitudes, you can choose to change them.

Remember what I presented in the first episode. The only ones who can control our thoughts and feelings are ourselves.

HOW TO IDENTIFY OUR TYPE OF THINKING/ATTITUDE/EMOTIONS WITH COLOURS

- What does Identifying our thoughts/attitudes/emotions with colour assist me with? Identifying by colour, allows us to identify what type of thinking/attitude/emotion, we are having. By being aware, by knowing what type of thought/attitude/emotion, this allows us to choose what type of thinking we would like to bring to ourselves.
- 4 colours 4 categories of thinking/attitudes/emotions.
- Remember, just because we have a thought and belief, does not make them true.

The first colour I want to present is GREEN.

When we have a green way of thinking, the attitude becomes: “I count, you count, every body counts”.

- ◆ Willing to make compromises with others, WITHOUT, compromising self.
- Has respect/compassion for self which then reflects to respect and compassion towards others.
- Takes responsibility for their words, actions, behaviour, WITHOUT projecting onto or allowing others to project onto them.
- Learns from their mistakes. By taking responsibility of our mistakes, we look at what went well, what did not go well and how I would like to see it the next time. By taking responsibility for our actions and owning them, we show our children how to problem solve, but mostly that you make mistakes too. And when you do, this is how you address it, head on.
- Willing to communicate openly, respectfully, which includes listening openly and respectfully.
- Willing to apologize when mistakes are made and find compromise for the resolution.
- EX: I hit someone’s car in the parking lot in Reitman. It was windy out and I was getting into my truck when the wind caught my door and hit the car beside me. I went back into the store and asked who owned the red car and had them come out to take a look. But honestly, my initial reaction was to get in my truck and go. The person came out, took a look, didn’t see anything. We went on our way.
- Another example that I was thought was if a friend or family member came up to you and asked to borrow \$5 from you. When your thinking and attitude is green, you ask yourself questions like: Do I have \$5? Is it my last \$5? Do I need to buy food? Have I lent money to this person before? Have they paid me back? So, you are willing to lend out the \$5. The question becomes, is it going to put you out. If it was my last 5\$ and I needed to buy bread for my kids lunch, I would be saying, sorry, can’t do it this time. Maybe try again another time if you’re in need.
- The emotions that I’ve included here are: Happy, Joyful, Content,

The second colour: RED

When we have a red way of thinking, the attitude becomes I count, you don't count, nobody else counts. I always come first attitude, no matter what and I don't care how that impacts you or anybody else.

- I WANT MY WAY, NO COMPROMISES..... UNLESS I GET WAY MORE THAN YOU !!!
- IMPULSIVE;
- EGOCENTRIC;
- MY WAY OR THE HIGHWAY;
- CONTROLLING BEHAVIOUR;
- NOTHING IS EVER GOOD ENOUGH;
- 5\$ EXAMPLE
-

The third colour: BLUE

I don't count, you count, everyone else counts before me. Will almost always take everybody else's needs before their own.

- I'LL GIVE YOU WHAT YOU WANT AT MY EXPENSE;
- PEOPLE PLEASER, DOES NOT LIKE CONFLICT;
- ALWAYS HAS EXCUSES;
- PUTS OTHERS NEEDS IN FRONT OF THEIR OWN;
- WILL GO OUT OF THEIR WAY TO PLEASE OTHERS;
- 5\$ EXAMPLE

The fourth colour: PURPLE

I don't count, you don't count, nobody counts.

- I DO WHAT I WANT, YOU DO WHAT YOU WANT.
- MISERABLE, PESSIMIST, DOOM, GLOOM
- THE WORLD SUCKS AND SO DO I AND EVERYONE ELSE
- I DON'T CARE

Where do you want to be?

- One way to start making changes to how we think, is by paying attention to our thoughts and we can do that through meditation. Allowing yourself, giving yourself permission, to just observe your thoughts, without attaching yourself to them and observe what comes up.
- What are the themes/words that keep coming up?
- What patterns are you noticing coming up in your thoughts?
- Through these observations we are able to identify the type of thoughts and attitudes we have, to then be able to distinguish the untruths and distorted thoughts.

How do we do that?

- First you acknowledge the thought, then say it out loud.
- What type of thought is it? Green? Red? Blue? Purple?
- How does that thought make me feel?
- Once you have identified the thought, what type of attitude the thought is and how it makes you feel, you can then go into your six steps that we've learned in treatment.

6 steps to dissolve emotional pain

- (First Responders United Retreat)
- Step 1: Acknowledging that you are upset or in conflict. "I am upset";
- Step 2: Acknowledging that you are upset because of your thoughts and beliefs and not because of the other person. This is an important step to own. By taking ownership of how your upset, is to realize that YOU ARE THE CREATOR OF YOUR EXPERIENCE;
- Step 3: Focus on the emotion/feeling. Connected to each feeling is a thought/belief that we have about ourselves that we've created at a young age. (first three chakras). Before we can heal the thoughts that we have about ourselves, we have to acknowledge those thoughts and question their truthfulness.

- Step 4: Is to identify the feeling in your body and the importance of recognizing when you felt this emotion before. The circumstances “triggered” a core thought and belief that was already present in your mind, which triggered the feeling/reaction.
- Step 5: Establish what my judgement of myself was at that moment. What was my perception of the situation? How did I interpret it? What was my judgement of myself?
 - “ I believe that I was not important”
 - “I believe that I was not lovable”
 - “I believe that I didn’t matter”
 - “I believe that people couldn’t be trusted”
 - “I believe there was something wrong with me”
 - “I believe that I do not belong”

Step 6: Embrace the Truth about me. This is the final step to correct the negative beliefs. It’s realizing that the judgement that held of myself in that moment was an error and requires correction. That what happened was not about me. I will now start to correct that belief.

It becomes about you forgiving yourself for the thoughts and beliefs that you made up about yourself around that circumstance.

“Forgive me for believing that I am not important”

“Thank goodness that is not the Truth. I made that up. It is just a belief and now I can let it go”.

When introducing changes in our lives, it takes time, patience and compassion towards not only people around you, but mostly towards yourself. You will feel tired, exhausted, impatient towards yourself for having the same self abusive thoughts..... that’s okay. Allowing yourself the time to heal, allow yourself to fall, get back up and forgive yourself. It will take repetition before you start to believe what you are telling yourself, because you believed the untruths for so long. Show yourself the same amount of patience and

compassion you show towards others. It's not easy getting ourselves to GREEN, but it will be worth it.