



crownofroses
ARTS AND PSYCHOLOGY

Let's talk about... trash

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We don't often talk about unhealthy behaviour or unhealthy patterns in life. We don't really talk about the trash in our lives. Mostly because they are not the easiest subjects to talk about. These topics are the tough ones.

We see though that a lot of people deal with unhealthy behaviour. An American research indicates that 72% of the Americans are walking in unhealthy behaviour (drinking, excessive sleep, smoking, inactivity...). As you can see, more people struggle with behaviour that's not beneficial. Though this research doesn't cover all the unhealthy patterns in life. There are more unhealthy patterns in life that occur more often than we think. We are all human. Although we try our best to be the best version of ourselves we fail.

Let's not continue to walk in shame or pain. Let's talk about it!

The question is; do you want to continue in this lifestyle or do you want to change? If you want to choose a different pathway. Go for it. Choose to do good and choose to walk in the light. Be brave and courageous.

Unhealthy behaviour

Jealousy/Envy
Bitterness
Idolatry
Adultery
Pornography
Hypocrisy/lying
Other...

Drunkenness
Pride
Anger
Arguing
Gossip
Self-hatred

Judging Others
Lust
Greed
Rejecting Others
Self pity
Unforgiveness

Question

Do you recognise any of the above in your life?

YES / NO

When YES, which ones do you recognise in your own life?

+	+
+	+
+	+
+	+

Question

How does this affect your day to day life? How is this impacting you? How is this impacting others?

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Sometimes unhealthy behaviour can sneak into our lives. It sneaks in without us being fully aware. We open the door for trash and within a short time period the pile can grow speedily. At other times we don't realise that our actions are unhealthy. Sometimes it seems normal, for example; to hold grudges to someone, or to talk about someone behind their back. That might be normal and might not feel as something wrong. Sometimes something feels good, but is not good for you after all. McDonalds might taste A-mázing, but it's not healthy for you.

Question

What do you want to do with it?

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What can you do?

If you feel trapped in some kind of behaviour or pattern it can be difficult for you to conquer it by yourself. Probably the most common reaction will be that you try to hide or cover up your trash. The best way to approach it, is to bring it into light.

- Look for information
- Talk with someone you trust
- Talk with a mentor figure
- If you still feel trapped and unsure look for professional help