

Change your irrational "self-talk" into a simple but effective cognitive remedy. The treatment method is a cognitive restructuring and is easy to understand. Basically, a person must identify their destructive "self-talk" and then require evidence for their claims and thus show that they are simply not right. The next time your sub will make a harmful remark to you, if you are in a public scenario, you have ammunition to destroy it there and then.

The city is a public health center.

It heals us from the need not to be alone.

It heals us from longing for something that does not belong to us, which does not exist anyway, our own singular space, our own sphere.

Urban Healing. Urban Enlightenment.

Let us think about this example: In general, you often say to yourself: "Everyone can see, I am who I am" Needless to say, that does considerable damage, it keeps us from relaxing and being what we are, and in fact, it is simply not valid. Man has to take care of his personal business. This is the proof that we are challenging irrational "self-talks", nothing else.

Is this something you say to yourself? Try to exchange it with "Nobody cares what I do!" Whenever your inner thoughts run hot, your "self-talk" becomes incredibly strong for just an explanation, sticks firmly. Think about it, listen to a great song on the radio that makes you feel incredibly happy. For several hours after hearing it, you still keep singing it to put the melody in the head.

For example, you may have often said to yourself: "Everyone is aware I am not" The next time you are public, be intentionally distant. Clearly look left and right. Watch how many people notice you and only stand there. There is no, that is the proof!

So you have the proof, now it is time to use the public resting space as an environment. The next time your emotional state is pumped up, tell yourself that it is something good and valid, you are going to stay, unlike something that is just there to disappear.

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Looking for this public healing? Or healing from the need for people in the city? If you want to, you will be very aware of the hot time it is about your emotional and psychological states of mind. You can be in public, go over your routine, suddenly you notice the need to be alone. Within just a few seconds, the "everyday you" turns into a nervous breakdown. At this point, I am sure you are incredibly aware of this rapid change in your emotional and psychological state of mind.

Although, have you stopped, pondered, and evaluated what you say at these (highly-emotional) occasions? Does not every person have a right to discretion? To a single experience? What I mean by referring to your own "self-talks" is that we all feel the same.

And it is incredibly impressive when properly applied, immensely destructive when improperly used.

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Get into the machine!

Let yourself go.

Be what you have to be.