

Hello everyone and welcome to this episode of transformed you. I'm your host, Mark DeJesus and I'm here with my amazing wife and co-host Melissa.

Well hello. It is awesome to be here today and have a great conversation.

It is, and we're going to get into the subject a another level of getting into the subject of thoughts and how much they influence our life. You are what you think, so it's so important that we take a healthy assessment of the thoughts that influence us and what we've been doing is uncovering a mini series on the source of thoughts. Where do they come from? We gave an overview in the first session, we talked about thoughts that come from God and how God can speak to us. I want to get into a second arena and that is looking at your relational input because when it comes to thinking we are highly influenced people. I'll give you an example. If you take a baby animal and just leave it out in the wild, it will through instinct trying to figure out how to make its way.

You take a human being and do that and it will die. We have to learn so many things, not only to function, but how are we thinking, how we perceive, so if that's not set well, it gets us on a star in the wrong place. Then we add to that our experiences in life and the people, the teachers, the influencers in our life. So I want to look at who are the people that are your influencers that influence your thinking. It's good to kind of stop and take a timeout to ask yourself who's giving the input to how I think, how I see myself, how I see God, how I see others and are those inputs fruitful, empowering, helpful and adding value to my life because we often don't realize it, but we can surround ourselves with negative, disempowering, destructive, unhealthy, unfruitful inputs and then wonder why we're not growing.

Yeah, I think that is a major complaint that we hear from people, uh, is, you know, I need some new friends or oh, I need to find some really great people to connect to. It's really innately the cry of our heart to get around encouragement, happiness and safety. All of that will really, I think, enhance your thought life when you around negativity and you know, just stuff that just doesn't make you feel good. It doesn't help the mind

at all. And I've learned that if you want to have a healthy environment around you, it takes hard work. This is not something that's just going to just click,

right? Isn't that you find that it's so hard when you say to people, well, maybe you should try to find some new friends or you know, look for some better people. It's a hard. People find that really hard to do, to break out of, I think, bad pattern, right?

What we don't understand and we need to is that we tend to move to comfortable places. We want, we know where we need to go, but it takes new relationships. It takes stretching to go where we need to go and we often stay in our comfort zone.

We're creatures of habit too. When she say what?

Yeah, and so we sabotage our growth many times by just kind of keeping the same company. It's I get it, but it then we at the end of the day wondering why am I thinking this way over and over again when we've maybe been around it all day long. So you have to kind of look at your inputs now. Some inputs you can't help every so often you got to visit your families, you know, and then there's negative inputs there, right? You have to go to a job. That job most likely is a pretty hostile negative work environment. I

worked with a lot of people who I have to really help them coach them into developing a healthy expectation that listen, when you go to work, if it's a kind of an emotionally hostile, toxic environment, you've got to recognize, OK, I'm not there to make friends on there to do my job. I need to be aware of the input so when I leave work I need to kind of be aware of like, OK, you know, his stuff sticking to me. I need to Kinda like shut some of that off on my way home because otherwise, you know, you're around negative people and then you go home and go, man, why do I feel so depressed? I don't feel so discouraged.

It's an interesting example to bring up because people sometimes eight, nine hours a day and we're made for relationships. So it really takes you being OK, waking up, your thinking to go, OK, like you said, these people cannot give me what I need. I'm here as a job. That is difficult when we are made for relationships were made for tribal living two to coexist with each other and exchange and talk and have values together. It's getting more and more difficult to do that. So what does that, you know, I think it's a great conversation for us to be having on what does it look like when you. Sometimes you have no choice. You're in a job all day that's highly stressful or negative. You need to be around saying, you know, a family member is sick and you all need to be around together. What does it look like to stay healthy? In the midst of the atmosphere that's in front of you, to also with making better choices of what the input is. It's a balancing act of those two things.

Yeah, and I think that first of all, it involves expectation. What's my expectation going into it? Am I expecting these people to fulfill deep needs of my heart? I find if you have that expectation, you're setting yourself up for failure because you're asking people to be an intimate connection place. When really in reality you're there to get a job done. That's, that's, that's the primary connection. It can come out. If it does come out of that, then it's, then it's a bonus opportunity. Wow, this great friendship has come out. What a real blessing. Take advantage of that. But I think that I got to be aware of making sure that I'm not trying to validate a super deep need cause then if it's not met or if they're, you know, whatever, then then I get angry, I get bitter. Um, then I also need to OK recognize at work.

I may not find the best places of influence. I need to be that much more intentional outside of work, of finding really good, healthy friends that I can be safe with. Um, and that's, that's where we, that's where we tend to, um, lose the investment. When things get stressful and busy. What's the first thing that usually gets pushed off areas of improving yourself and improving relationships. So you stop going to the gym, you eat, you know, worst foods and you don't stay in touch with your friends as well. Right? So when really when really during those times you need to like lean into finding healthy relationships in a, in a really good way. I just, I just find that, OK, I have to stop and go where do I want to go and who do I really want to live as? What's my value system?

I want to make sure that I'm connecting with people that sharpen that to the best of my ability. And not that you don't necessarily like you just shut out everyone who's not that. But I think that you have to be aware of WHO's your inner circle. And I think that's the heartbeat I want to get into this is who's in your inner circle that has the most influence? Because those need to be people that are breathing life. It doesn't mean they just tell you what you want to hear. It doesn't mean they just, you know, just put awesome sauce over everything. They can tell you the truth and speak honestly. But it's, it's a, it's a sharpening thing. And I think that we need to be aware of those conversations we have where I've walked away from conversations like spinning because a person I gave room to speak into my life sent this like kind of crazy left field things.

I'm not really that their own value system. That was just kind of perspective. And then U S for. I'll put in a different example. It's like, it's like somebody who's struggling with anxiety, right? And they meet with somebody and talk about it and the person goes, oh, I know she needed to do. Which you need to do is you need to fast. That's the thing, because I've learned about fasting and fasting helps me this, this and this. And this and the person walks away spinning going, maybe I'm not doing well because I'm not fasting or not doing well. And, and, and as well, meaning as that person was, it can deter them from where God has them right now. God may not have them like they need to fast right now. In fact, for some people, fascinating is the last thing they need to be doing because they fast too much and it's, that's a whole other show.

Correct? Right. So it's like there's a pathway of just being aware of like, OK, what's the input? Sometimes you're, you're having a bad day, and you're like, wait, let me back the steps up. Oh, I was around, Debbie Downer had an hour lunch and now I kind of feel slimed on. Right? They've even done studies where they've taken people that work clinically depressed and they took one person who wasn't in the saddle in the room with the people. Right. And the rule was you just couldn't say anything, didn't talk. After a certain measurable time. They brought the person out and saw measurable differences where that person was showing a very heavy sense of negativity, more oppressive down kind of thinking. It shows that we leak, we leak on each other. That's not to create paranoia.

Oh cool. Maybe they're going at. Their job is going to jump up on your.

That's just, that's not where we're going with this. What we're getting at is that being aware of the systems people carry and and, and how that can influence your life, and it starts with our parents. That's the first stage of influence we received. Mom and dad in the beginning. Everything they say is God pretty much, mmm. You know, when you're five or six, seven or whatever, you're not sitting there going, well, I'm not sure if I agree with this theory, your perspective as you're just inputting, inputting, inputting, inputting, inputting, and then 20 years later or you're kind of going, wait a second, why do I don't know that I really want to believe that way or think that way? I don't know that that's helpful.

They really set the stage for what your brain pathway is going to become, period. If we could really recognize that and you know like when our kids are little, you think, well fighting or whatever in front of a baby, a newborn baby isn't taking that in, Oh, and do more. Baby actually is taking that in and all those things are developing and doing what the what are they, the pathways and all that stuff in the brain are being created by taking in everything that's going on around them, heightened our awareness to that

because it's not just actual words being spoken. It's the atmosphere that's cultivated,

right? Let's show in that study

and then belief systems that are kind of ingrained in the nuances in perspectives and little sayings and little things and habits. People cold today, so I think it's helped us a couple of things that we have to receive the good but unwind some of the battery received growing up, but then also those of you that are parents recognizing the biggest way you can be a healthy influences for you just to be healthier and who you are and and it's not about like getting all these proper techniques in parenting. It's more about you becoming a healthier person when your kids see that and receive that, they're blessed by it. And so then there's your friends and associations. I think I'm, I'm talking about the core inner circle and I just

people you see every now and then or do business with the core inner circle. What are some things we need to understand when it comes to that level of him?

Well, I think we need to take a look at what we attract around us. Not so huge is a huge one. I think we all can say amen to that. OK, OK. What, what? What do I track in my life? What I typically do, I feel drawn to.

So if you're very secured, very negative internally, it's very easy for you to just find those other people because they're similar atmospheres you carry.

We all like to talk the same

and usually they come out with like the first, like few words. Right? But like how the economy. Yeah, I know. It's like you both can kind of.

I know for me, I get attracted to like sarcastic people, so if I know that I can, if I have a little bit of sarcasm and someone can volley with me, I like that, but I'm going to go. I want to hang out with that person. Right. Next thing you know, that's all we're doing is sarcasm.

All right? So then we have to kind of go back to what do I want, right? So what I want, I need to cultivate, right, cultivate. I bring into relationship. Absolutely that either they want to go with me or maybe not. And I have to keep looking. I think that there's a lot of loneliness in the world right now that we need to be aware of. I think loneliness is in some ways at an all time high because you have the ability to talk to anyone, but you're not close to anyone as much. Right. Thirty years ago you just kinda knew the people that were like next to you where you could see out your window or maybe call on the phone. Right now it's so different. So the capacity for loneliness is at an all time high and I'm encountering a lot of people with a deep sense of loneliness in their life.

The thing that that does is it can keep us in bad relationships because the fear of being lonely. So I made a decision that I was like, all right, I want to pursue healthy relationship even if it means for certain seasons, I need to be OK with maybe feeling a little bit lonely, but it's all. Um, and I think overall people are so busy and so much going on that it, it does contribute to this loneliness factor that we're not making as much time for tribal interaction. We're not making as much time to have good connections. So we tend to settle and

don't break out of the norm and I think to do that, there's one thing we have to keep in mind. It's uncomfortable to break any pattern and great friends just don't all of a sudden go, oh, now you're carrying a new attitude. I just want to be around you. Let's do this. We have to cut yourself some slack and go OK. Just like with anything else, walking out of rejection or bitterness or whatever. It's a new way. I wanna think to engage. It takes time. You may need to move.

So we talk about mom and dad, we talked about friends associations, inner circle. The third one's a biggie.

So if we're going to sting me

news and social media, I think this is huge. I think it's not only new social media, but even in entertainment, the, the, the input that you take. I mean I could watch the show and at the end of it you're like, why am I, why am I struggling with like disappearing thoughts right now? What I just saw

kept triggering that we love the show and it was a great show. But it was 24 would do that. A lot of people could not watch [inaudible] because it was so filled with anxiety every second of the show. You weren't sure what was gonna happen and you were on the edge of your seat, but good for some people for a lot of people.

So you're talking about social media for a second because I have in periods of my life, even though I do a lot of work that I posted on social media, just kind of took some breaks, like took facebook off my phone. Even though I had my page, I was still inputting things too. It was more like I'm just out putting right. I felt really good. Nothing that I know I've done that I need to do it again. It's, it's, it's something that I don't think we were meant to have as much stimulating engagement with everyone we know all the time and this kind of way. I'm very concerned about how unhealthy that is.

I think you've brought up a very good point for me, especially being a mom and moms can relate to this. We we struggle battling fear. Fear over our kids and life and safety and when you're seeing stories, every other one in newsfeeds about this child was being starved and had to get rescued after years and this kid was murdered and this kid was. It is filling my feed sometimes. And that's even though you think you're flipping through it, no. You're inputting your. Taking that in and it doesn't help.

Yeah. And it, it, um, you know, we're wondering. We're struggling when it's very good to just take a sober look at the input you have in your life. I really encourage. I have a, um, a negativity fast resource on my site that you can go to. I think that that's a good way to apply what we're talking about here. You can go to my [inaudible] around the right hand column. You'll see, um, you know, overcoming negativity, breaking the power negativity and negativity fast and things like that. That in that time, like, just filtering down your social media input and spending more time maybe calling people, spending time, seeing people in person, interacting more with the people around you. I've found, I found that I'm so much healthier if I have really good limits on that phone, I put that phone aside like I'm here, we're hanging out, and then I have that time for that, but then even like taking a break from social media, taking a break from the news years ago when I was battling anxiety and learning how to overcome, which I've written about in so many of my materials now, one of the things I cut out was news input.

I recognize, OK, this is not helping my anxious obsessive pathways that I'm going down.

Don't you feel like though, I just had this thought, we would normally get the newspaper open up the newspaper, which I did morning or night. You'd read what you want to pick out in the news. He'd closing his paper and go in the garbage on the fireplace, whatever. You didn't get news until the following day. Nowadays news is becoming more toxic because you watch it on the news. Then you're picking up your phone, your foot. It's always at a constant. News isn't bad. We do need to know what's going on in the world. We do need to know current events, you need to know what's happening if there's people you need to vote for and what have you, but the inundation of it is the problem. It's always in your face.

I think the inundation and you're not just getting news, you're getting a certain perspective trail that's being given to you. Certain wordings certain, there's a hypnosis going on to get you to think in a certain way,

whether it's conservative or liberal, you have to remember the stuff you're clicking on and liking is the only thing you're seeing. So that doesn't help either. We need to understand other world perspectives as well.

Sure. Actually I find that makes it very difficult to just look at what's actually going on. True. But I find for a lot of people watching a lot of people listening. I know you said that we need the news, but like sometimes I wonder do we, how much do we need it? How much do I need to know what's happening to someone in Thailand right now that I can't do anything about? You know, it's, it's, it's just an interesting question that,

well, as I can pray or if they are tsunamis and our nation is being wiped out, there is a place as a believer where we intercede for those that are going things as well

as much news as I watch. I don't have the capacity to sincerely intercede for everything I'm seeing and I don't know that I'm called to intercede for every single one of those things. I think we only have a certain capacity, so I hear what you're saying, but I think that there needs to be a cap on that needs to be like, you know, I think the way God designed our bodies, we kind of know what's going on in our town. Like OK, you know, Frank is moving a little house on the prairie den. I just don't want to wear the outfits. So we hope this has been a healthier life. And, and I think the biggest thing is to take a look at what's influencing your thinking and, and, and, and look at where do you want to be heading in your life when it comes to health. When it comes to being emotionally, spiritually, more whole, and healed and free, you want to experience transformation, there needs to be new thoughts. You begin to cultivate, cultivate that, that atmosphere around you, your five physical senses. Take that in. So it even comes down to what's the atmosphere of music that you listened to? What's the, um, the, the, the, the, the overall atmosphere that you're setting in your life that's going to help cultivate where you're headed. So we pray been a help to your life. God bless you guys. We'll see you next week.