

A 1-Page Guide to (Your) Thoughts & Feelings

– “An Inside-Out Understanding” (v2018.10.05), by Steve M Nash

“Anxiety is the dizziness of freedom.” – Søren Kierkegaard

With the 3 Principles (Inside-Out) understanding, we can have a much healthier relationship with our thoughts and feelings. Hi, my name is Steve M Nash and I’m a transformative coach...



1. Good Feelings, Bad Feelings, All...

So many feelings & thoughts, so little time! Such a shame that we have come to label them as good and bad, really – to have more of one, less of another. It doesn’t have to be like that...

More? smnash.com/thoughts-about-feelings/
(Read my introductory page about this.)

2. The Inside Out Understanding?

This is simply the Inside Out nature of the human experience, first shared by Syd Banks. In short, we’re living in the feeling of our thinking, not our circumstances. Understanding this changes all!

More? smnash.com/inside-out-inspiration/
(My introduction to this understanding.)

3. E.g. About Feeling FEARFUL

Fear is a form of closing down to the world, and to yourself (the opposite to love, then, and to opening to the world). Fear is okay, though – a basic form of insecure thinking – just let it pass.

More? smnash.com/about-feeling-fearful/
(Read my 3 minute guide to fearfulness.)

4. E.g. About Feeling CONFIDENT

Confidence is who you are, when you stop thinking about who you are meant to be. It comes from being curious about the moment, not judging or comparing. It’s natural, honest!

More? smnash.com/about-feeling-confident/
(Read my 3 minute guide to confidence.)

5. E.g. About Feeling DEFENSIVE

Defensiveness is a great example of insecure thinking – an innocent misunderstanding of how life actually works (Inside Out not Outside In). These thoughts are inevitable – let them pass.

More? youtube.com/watch?v=xu9V69gVNjQ
(Watch my 3 minute video guide.)

6. E.g. About Feeling CONTENTED

Hmm, contentment – a lovely form of gratitude, or perhaps it comes from not thinking too much. Or maybe it just means we’ve got out of our own way, for a change. Enjoy it while it lasts!

More? smnash.com/about-feeling-contented/
(Read my 3 minute guide to contentedness.)

7. E.g. About Feeling SAD

Sadness comes, sadness goes, who knows why. Nothing wrong with sadness coming, or going, either. Just means you’re open to life, really...

More? smnash.com/about-feeling-sad/
(Read my 3 minute guide to sadness.)

YOU and YOUR Feelings?

Making peace with your thoughts and feelings quite simply changes ALL – life becomes fun. Just from deepening your Inside-Out Understanding...

More? smnash.com/work-with-me/
(Schedule a free “Life Audit” here?)

More FREE & Affordable Guides:

[The Daily Reset](#) – FREE Inside-Out Understanding reminders by Email

[Do you really want to Stop The Suffering?](#) – My FREE course on Teachable

[Remembering the 'Happiness Within'](#) – Video/Audio course on Teachable

[Guide to The 3 Principles Understanding](#) – Another FREE 1-page guide

By Steve M Nash

&

My Books on Amazon:

[Wonderful & Marvelous – Daily Empowering Quotes \(About You!\)](#) – Daily Quotes Book

[A Year in the Life of a Conscious Soul \(Called You!\)](#) – Conscious Living Quotes