



Annie Cap is a professional therapist and the author of the book, *It's Your Choice: Uncover Your Brilliance using The Iceberg Process*. Here she shares her top tips on how you can turn your life around and live the life you dream of

Annie Cap reveals how her simple and effective techniques can help you turn your life around.

Q. CAN ANYONE IMPROVE THEIR LIFE?

A. I believe everyone has the capacity to find happiness if they are willing to change. To improve your life, you must be willing to alter what's no longer working for you, which includes how you think and what you believe to be true.

Q. WHAT NEGATIVE CYCLES DO YOU SEE PEOPLE GETTING INTO?

A. They range from the innocent-looking rejection of a compliment, nervous nail

biting, self-critical badmouthing, panic or even chronic illness, dangerous substance and relationship addictions and abuse. Cycles can include food, sex, drugs, alcohol and exercise, as well as aggressive self-talk and other forms of self-harm like cutting and bulimia. Often the common thread is a lack of self-acceptance and self-love. There appears to be no end to the creativity of the mind when it comes to negative or self-soothing behaviour. Negative patterns, conscious or not, can take any form.

Q. WHY DO SO MANY GET TRAPPED IN UNHEALTHY MINDSETS?

A. Negative thoughts can develop for a

number of complex reasons. It can be as a result of conditioning, poor modelling from our parents, family members, society, weak inter-personal skills and not being taught about the importance and power of our thoughts. We must bear in mind that it can also be caused by depression or mental illness.

Often, our learned negative patterns and beliefs come directly from our parents who may lack the emotional intelligence to know any better. [Emotional Intelligence is a phrase coined by Daniel Goleman, which involves being able to recognise how you and others are feeling]. An unhealthy mindsets can also be formed as a result of psychologically,