

Dr. Vassiliki says vocalising negativity is cause for alarm as it introduces a negative bias into how others perceive us

"I do agree with the saying that 'our minds are like parachutes, they only function when they are open'," says Dr Linda. "However, the exceptions would be when there is a deep-rooted trauma that would need to be addressed as part of the healing process. Professionally, I ask my clients to consider their words. I tell them that they need to be the observer if they want the negative feedback loop to end. Becoming aware of the way you use language is an important step in becoming deliberate with not only your words, but with what you are creating in your life."

The experts agree that first acknowledging there is a problem and taking action to address it is often the most important step toward resolving issues of negative self-talk. But that's not to say that the journey is always straightforward...

"This is often a challenging issue to treat because it is crystallised, taking place for a long period of time before a person decides to address it in therapy, which in turn makes it difficult to uproot," says Dr Vassiliki. "It is also challenging because it has deeper, unconscious causes that need deeper psychotherapeutic work in order to be identified."

However, with an open mind and the correct support, progress can undoubtedly be made. After all, turning a negative to a positive is the route to a happier and more fulfilled life — both for ourselves and those around us. ^(M)

“OUR MINDS ARE LIKE PARACHUTES, THEY ONLY FUNCTION WHEN THEY ARE OPEN”

DR. LINDA SAKR, FOUNDER OF THE KEYANI WELLNESS CENTRE

LET'S GET POSITIVE

Want to break the negativity chain? Head to these therapeutic safe havens for a fast-track out of criticism city

Lighthouse Arabia

With an international team of over 30 psychologists, psychiatrists, occupational and speech and language therapists working together to provide integrated care, whatever's on your mind — they'll figure it out. *821 Al Wasl Rd, Al Safa 2, Jumeirah, Dubai*

Seva Experience

Through the Nir Levi Method, which combines the ancient Chinese healing arts of Anma, the manual therapy of Ampuku, the holistic principles of Taoism and the interdependent forces of yin and yang, release your physical and emotional energy blockages and allow your body and mind to heal themselves. *Villa 5/1b, 27B Street, Jumeirah Beach Road, Dubai*

Thrive Wellbeing Centre

Here's where highly qualified and compassionate psychologists help explore the underlying causes of your mental strife, turning those niggling criticisms around so you can head for a brighter tomorrow. *Office 301, Saba Tower 1, Cluster E, Jumeirah Lake Towers, Dubai*

The Keyani Wellness Centre

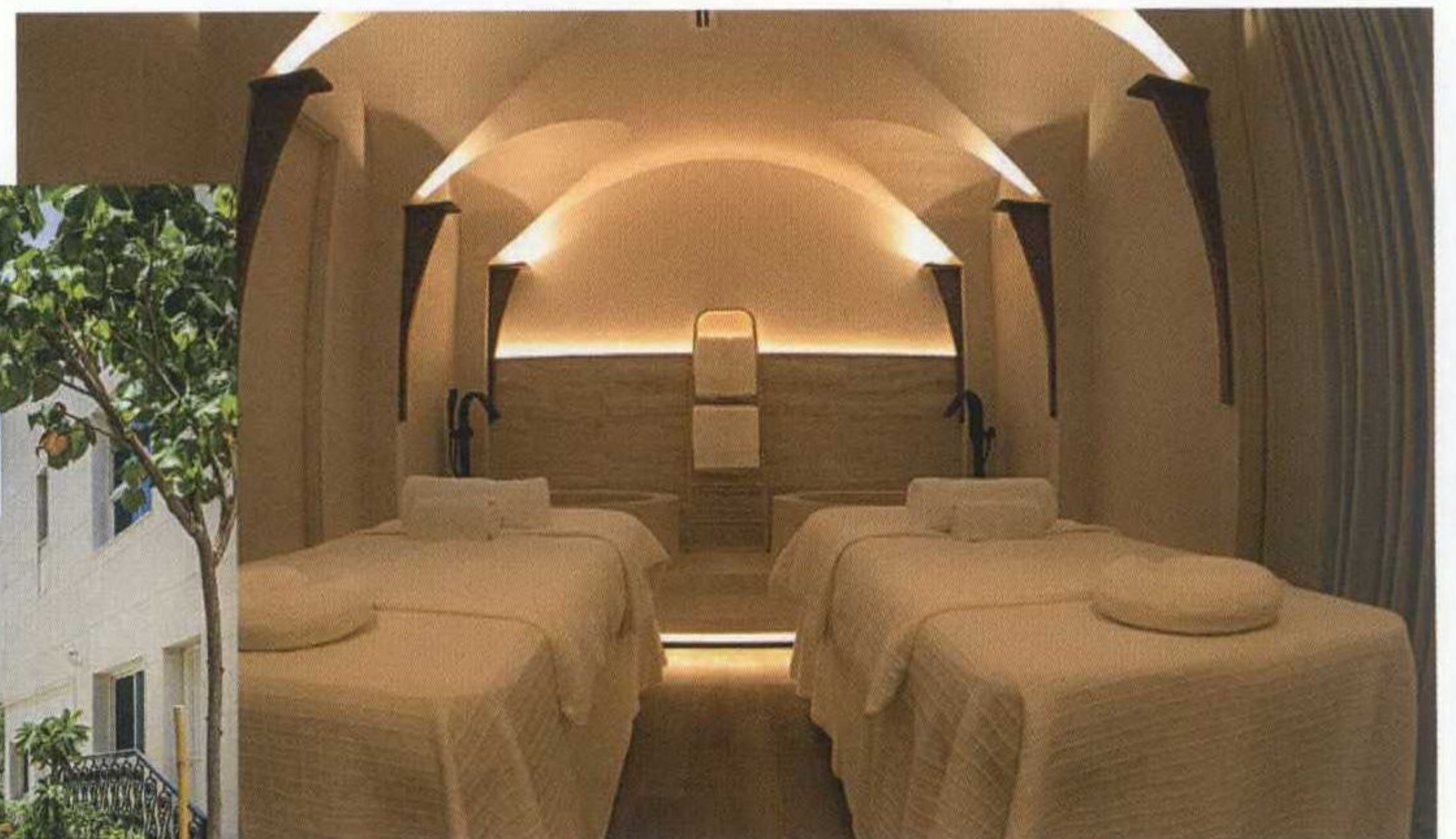
Dr Linda Sakr uses a mix of cognitive behavioural therapy and acceptance and commitment therapy to tackle the causes and symptoms of negative self-talk at her self-founded treatment centre — a haven of care and understanding. *Villa 9, Street 29B, Al Manara, Dubai*

Samadhi Wellness

Find yourself again at this newly-opened wellness hub, where you're invited to relax, replenish and rediscover the real you through yoga, sauna, ice baths and self-care treatments. Positive bliss. *491b, Jumeirah 3, Dubai*

Another Mars

A true fusion of healing and wellness, Another Mars will indeed transport you to a different planet with soothing combos of spa and massage treatments, meditation groups and sound healing therapies. Let the recuperation begin. *Villa 585a, Umm Suqeim 1, Jumeirah, Dubai*



Taking care of your mental health is as important as keeping your physical health in check. Schedule regular appointments with a mental health professional to banish negative thoughts for good