Twitter Thread by Daily Wisdom



Daily Wisdom
@MonkPhilosophy

"15 Deep Psychology Quotes That Will Change Your Life"

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1. Not everyone deserves access to you, it's okay to create boundaries to protect your peace.

2. Don't trust too much, don't love too much, don't hope too much, because that 'too much' can hurt you so much.

3. We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.

4. Don't compare yourself with other people; compare yourself with who you were yesterday.

5. You're not afraid of new love, you're afraid of old pain.

6. Disconnecting from others to reconnect with yourself is self-care.

7. If you ever find yourself in the wrong story, leave.

8. A person who truly loves you will never let you go or give up on you, no matter how hard the situation is.

9. It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.

10. The only normal people are the ones you don't know very well.

11. Sometimes you make the right decision, sometimes you make the decision right.

12. I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.

13. We must not allow other people's limited perceptions to define us.

14. If you want to change attitudes, start with a change in behavior.

15. It is not primarily our physical selves that limit us but rather our mindset about our physical limits.

If you're looking to become self sufficient, I really recommend this program.

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https://t.co/jK4McZiSy1

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