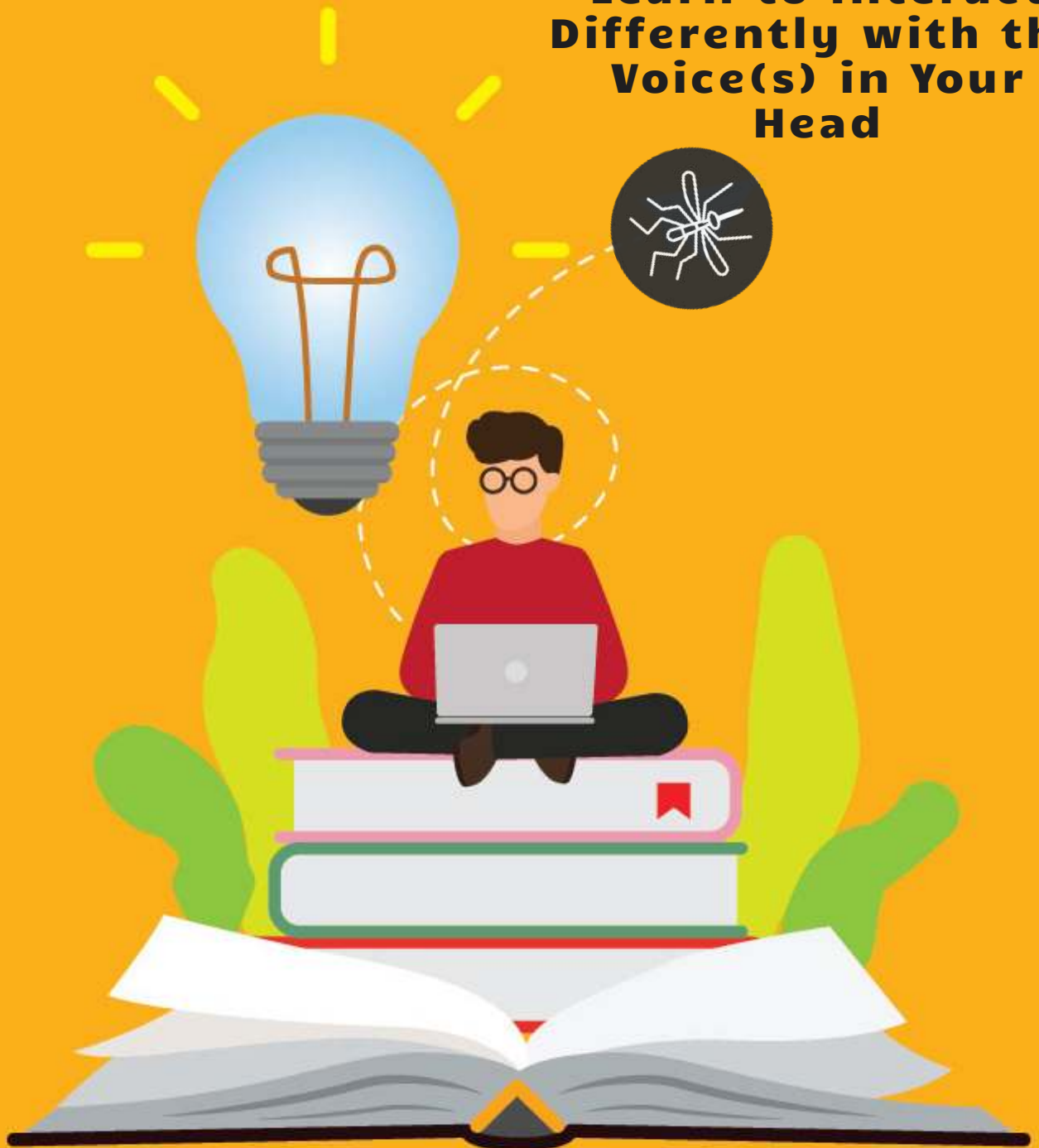


# THE GNAT

## Grand Narrator Around Thought

Learn to Interact  
Differently with the  
Voice(s) in Your  
Head



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## HERE WE GO!



Welcome to The GNAT! My name is Adam, and I've developed a theory to interact with the narration that happens in our heads. My mission is to teach people how they can be in control of the stories that get told up there and to help people flourish more and suffer less. I hope this material helps you do just that.

## The GNAT

As we begin, let me be very clear by stating that there is nothing wrong with you. You are a wonderfully complicated person with a very special sense, which is the ability to think. This book's purpose is to help you explore and understand ways in which to train yourself to be more in control of how you experience your thinking. I hope you'll be able to see that you are far more in control than you may think you are and that you have the ability to guide your mind to work in your favor, to worry less, and to aspire more. Having negative thoughts is the *act* of having negative thoughts. The fact that you experience negative thoughts does not mean there is something wrong with you. It means that you're engaging in the *act of having negative thoughts*.

## The GNAT

The meaning that you are likely associating with yourself as a result of having those negative thoughts is a totally different thing than the thoughts themselves.

If you were born in a dumpster, spent your life growing up in that dumpster, and had no access to information that your world couldn't smell like garbage, then you would think that your life would always smell like that garbage.

This is how many people experience their minds when it comes to the thinking that goes on in there. Just because you may be swimming in negative thinking doesn't mean that thinking has to continue in that way.

## The GNAT

It means that your mind is living in a dumpster (or at least spends energy there from time to time). It's time to breathe in new possibilities of what your mind is capable of.

*There is nothing wrong with you.*

No matter what you have been through in the past or what may come your way in the future, you can always practice the process of tuning your mind to thoughts that are beneficial to you. This will not always be an easy process, but things that are rewarding often aren't. That's just the way it goes. Onward...

## **Being Complicated Does Not Mean There is Something Wrong with You**

The experience of being a person is incredible. There are so many things to see and smell and hear. There are so many things to feel about and yearn for and aspire to. These are just some of the multitude of parts that combine to form a very complicated process of being a person. As is the nature of things that are complicated, the intricacies of the sum of these experiences can be confusing — and this confusion can seem intimidating. Maybe it can even seem like being a person is scary. But just because something is complicated and contains many parts doesn't mean that it has to be scary. If your human experience is somehow scary for you now, just know that there is no law somewhere that states that it has to stay that way.

## The GNAT

Rocket ships, cars, and computers are extremely complicated and contain lots of parts, but they're not necessarily scary. They are marvelous inventions that are the result of an increased understanding of how to harness and use energy. They can be awe-inspiring to think about and investigate. A plant or animal cell is also incredibly complicated, but they're also not necessarily scary. They can also be awe-inspiring to think about and investigate. The same qualities apply to you. You are super complicated, but that doesn't have to mean that the parts that comprise you have to be scary. These parts can be marvelous and awe-inspiring, too. These parts that we'll be exploring are parts within you that, like rocket ships and plant cells, harness and use energy.

## **You are Made of Different Parts**

All of the parts within you require energy to function. That energy is experienced in many ways, for example, internally on a cellular level, where trillions of chemical processes are occurring simultaneously to exchange different forms of energy, like sugars and proteins, to allow your cells to function properly. That energy is also experienced in the ways that you receive external information that is continuously coming at your body from outside of you that needs to be processed somehow as well. All of that energy is transmitted as forms of varying vibrations, and your mind (the perceiver), your brain (the data processor), and your body (the vessel) comprise the power plant that attempts to make sense of it all - and making "sense" of it all is done through your *senses*.



## The GNAT

Your senses are how you detect and pay attention to these various forms of energetic inputs and outputs within and around your body. The experiences of these different kinds of energies are merely the experiences of different parts of you. While these energies can sound and feel very compelling in your mind and body, these energies are not *who you are*. You can learn to perceive (using your mind) the data (coming through your brain) and the corresponding emotions (happening inside your body vessel) in different and intentional ways.



## Your Sense of Thought

You have five senses of seeing, smelling, hearing, tasting, and touching that detect various stimuli in your external environments. The ways in which you detect this data guide your navigational abilities, which allows you to interact with your environments efficiently and to keep you safe. If you can see, then you can move through life using energy vibrating at a certain frequency that we call visible light. Being able to interact with visible light can a) allow you to notice things that can bring satisfaction or dissatisfaction to your life and b) keep you from interacting with things that might cause you harm. If you see something that elicits satisfaction, then you will have an emotional reaction that will reverberate within your physical body, like joy, appreciation, or desire.

## The GNAT

If you see something dissatisfying or can't or don't see something that causes you harm, then you will have an emotional reaction that will reverberate within your physical body, which would be called something like pain, fear, or shame.



## The GNAT

If you can smell, then you can move through life using energy vibrating at a different frequency, which is called scent. If you interact with something that you can smell, which you interpret as potential for harm, you will have a physical and perhaps emotional reaction like disgust. The reaction of disgust is your body smelling something and not wanting to interact with it. It's actively rejecting that thing. If you smell something that brings you satisfaction, then you will have a similar reaction to seeing something satisfying, which will feel something like joy, appreciation, or desire. Similar emotional experiences occur as a result of your other senses of hearing, tasting, and touching, where different kinds of vibrations are being detected, and different emotional responses are occurring as a result.

## The GNAT

Your thoughts are also a sense. They are another part of you. As with your other external senses of seeing, smelling, hearing, tasting, and touching, your thoughts are designed to detect various stimuli in your environments and respond in ways that can guide you optimally and keep you safe. That is the purpose of having senses. All of your senses are naturally designed to be used to identify what produces experiences of satisfaction or dissatisfaction, which provides emotional guidance as you navigate through life. Internal senses, like thoughts, are simply more difficult to manage than external senses. Just because they are more difficult to manage doesn't mean that a thought like "there's something wrong with me" has to be applied to the process of learning to manage them.



Your sensorial emotions and feelings are products of vibrations interpreted within your body. We can call them voices of the body. They are how our bodies communicate. Likewise, your sensorial thoughts are products of vibrations interpreted within your mind. We can call them voices of the mind. They are how your mind communicates.

## The GNAT

If you think of your body as an instrument experiencing these various forms of vibrations, you can imagine that this instrument can be tuned. External senses can become keener and sharper with practice - and so can internal senses. As you train your mind to be in alignment in these ways, your relationship between how you perceive your environments and the ways you think about them can change. This is because your mind will be calibrated more optimally. You'll be able to know that this is happening because of how you feel. That is how you tune - or calibrate - your mind and body. The mental and emotional vibrations that will be produced from this perspective will be more pleasing and will feel more moderate, peaceful, and accepting.

## The GNAT

Your ability to distinguish between satisfaction and dissatisfaction becomes less burdensome, less personal, and simply easier because there is less resistance in your ability to perceive your thoughts and emotions efficiently.

### **The Grand Narrator Around Thought**



Life is like a never-ending story narrated by a bunch of chatty voices in our heads. These voices don't discriminate when it comes to language – they just want to talk. Ever notice the mental tunes playing or the lunch plans being debated up there? That's the voices I'm describing. We all have these voices, but some people are better at recognizing and distancing themselves from them. It's like the voices are auditioning for the role of life's storyteller, always self-absorbed but just trying to keep us safe.



## The GNAT

This is your thought sense at work. These narratives we spin in our heads shape our reality, forming the backbone of our lives. It's an unavoidable part of being human, so it's crucial to dig deep into the stories we tell ourselves and understand the worldviews that our thought sense - or *Grand Narrator Around Thought* (GNAT) - is rehearsing.

These stories, often ingrained since childhood, run quietly in the background (and not so quietly in the foreground), shaping our sense of reality.

They're convincing, sneaky, and sometimes make us believe they're us – but really, they're just well-practiced thoughts.

## The GNAT

Meet the GNAT, the headspace chorus that's always buzzing around, urging us to be likable, accepted, and part of a tribe. It's all about safety, constantly replaying thoughts to ensure social acceptability, pointing out our supposed wrongs, or reminding us of past pains.

Unfortunately, it often leans towards the negative, convinced of its own judgments and conclusions, making us feel alone in our experiences. The GNAT's got good intentions, though, even if it tends to chat about the not-so-sunny side of life.



## The GNAT

The Grand Narrator Around Thought (GNAT) is your overzealous mind companion trying to shield you from criticism, rejection, and ancient threats like getting eaten or abandoned. It has a knack for fretting about conforming to what it thinks is acceptable behavior, triggering emotions like fear, anger, guilt, or shame. But to be clear, these emotions are reactions to *your thinking* about what is presently happening, has happened in the past, or could happen in the future - all to keep you safe! The GNAT loves to dwell on your past slip-ups or hurts, weaving a negative narrative that can perpetuate deep fears. It's like a fortune teller stuck in the past, anxiously predicting a gloomy future based on outdated assumptions. But you can retrain the GNAT! Practice speaking about your past with empowerment and envisioning a bright future. Try to see how much the GNAT actually wants you to thrive.

## The GNAT

This way, your mental companion becomes an ally, not a saboteur.

The GNAT's negative outlook is often based on shaky assumptions – but you're safe and whole just as you are right now. You have permission to practice beliefs in this direction.

Instead of fearing the unknown, embrace the potential that lies ahead. With practice, you can turn chronic fear, anger, and shame into unnecessary relics of the past. Tame that GNAT, and let a new, positive worldview take center stage.

## The GNAT

Within you is a whole other part of you that all your senses are built to protect. That part of you is radiant goodness that cares about you doing well, being liked, and finding the best path forward. We know this to be true because otherwise, you wouldn't care about being better, doing better, or learning about any of these kinds of tools. Wanting to feel better and be better means that you care. That's goodness inside of you! All the GNAT is doing is protecting this wonderful goodness!



## The GNAT

Picture the GNAT as your well-intentioned guardian, tirelessly trying to shield you from harm in the forms of abuse, criticism, exclusion, and other threats. Its defensive approach might have worked in the past, back when you needed to protect yourself from things like difficult childhood experiences, where it made adaptive sense to stay quiet, small, and afraid to shine and to be truly you. But those beliefs are now outdated. The emotions that a defensive GNAT triggers—fear, anger, guilt, or shame—are like caution lights, designed to guide rather than punish. This process can be difficult to navigate, but that's OK! Sure, the GNAT has a tendency to focus on past missteps or hurts, creating a negative self-image that whispers you need to stay small and shameful to be safe.

## The GNAT

But fear not, you can rewrite the script! The GNAT's dread of the future, rooted in past assumptions, can also be reframed.

Instead of being trapped in a mental prison of past and future worries, envision a fruitful and abundant future.

Forward is the only direction you're going anyway. Train the narration to work for, not against you.

The GNAT's negative perceptions often stem from inaccurate assumptions, and the reality is that you're safe, secure, and far from defective. Embrace the future with optimism—it's a gateway to unlocking your potential.

Through practice, a positive and present mindset can become your new norm, leaving behind unnecessary fears. Your GNAT is totally trainable.

Examples of transforming negative storylines:

"People are judging me." -->

"I care about how I'm being perceived."

"I'm a failure." -->

"I care about succeeding."

"There is something wrong with me." -->

"I care about my well-being. I'm able to pay attention to a part of me that is critical, which actually wants me to thrive."



## The GNAT

Navigating a GNAT fixated on past woes or impending doom isn't exactly a joyride. Unpleasant thoughts get their own little rehearsals, evolving into beliefs and eventually shaping your entire worldview. Those recurring negative feelings become the backdrop of your "life" movie, but here's the twist—it's all a play of your imagination. The past and future scenarios are just starring roles for your creative mind. So, let's steer this GNAT in a happier direction!



## The GNAT

Train it to focus on the good stuff—respect, compassion, acceptance, honesty, forgiveness, self-restraint, and tenacity. *See if you can thank the GNAT for trying to keep you safe.* With some intentional practice, you can turn this mental director into a maestro of positivity. Deliberate efforts lead to delightful results, where life can feel like a light-hearted, complicated, and optimistic masterpiece in the making.

### **Paradigms**

Paradigms are fancy terms for the stories our GNAT loves to tell. These belief systems, often unconscious, can be the main culprits putting a damper on your life plot. Imagine paradigms as the directors shaping your reality, fueled by assumptions from the past. Sneaky, right?

## The GNAT

Picture this: You see the word "tree," and instantly, a mental forest pops up with greens and browns.



Read "sun," and there's a warm, bright star in your mind's sky.



Your experiences form these paradigms, making it a bit like mental magic. But here's the kicker: paradigms can change. Recognize a negative belief about your ability to thrive, and you can see a paradigm about carrying unnecessary limits for your potential.

## The GNAT

The only thing holding you back is the assumption that things can't change or that you don't deserve success, love, or abundance. Those beliefs are just misinterpreted assumptions. Now, here's the optimistic twist. Paradigms can shift, and when they do, brace yourself for remarkable changes. Your present decisions don't need to be haunted by the ghosts of the past. Life is an evolving story, and you have the power to rewrite the script. Embrace the potential for success, happiness, love, and abundance—because you totally deserve it. So, let's break free from those limiting paradigms and create a blockbuster life story!

## The GNAT

Imagine yourself as a curious explorer, observing your mental and physical senses like a seasoned detective. Uncomfortable feelings might pop up, but guess what? You've got the power to control how you perceive them. This curious perspective is like your stability superhero, helping you respond to the mind's shenanigans in a way that's both effective and proportionate.

So, gear up for this whimsical journey through the mind's twists and turns. It's a serious business, but armed with curiosity, you can conquer the biggest battle – and emerge with a newfound sense of control and optimism. You get to own your story. Bring on the GNAT!



## The GNAT

**LET'S PRACTICE!**



The GNAT is a sense that is always on, and practice is beneficial to remind yourself how to interact with it more intentionally. Check out this 2-step process to do just that. Also, feel free to check out my book, [Be Your Advocate](#), for a whole lot more on the topic of The GNAT and so much more. We can always strive to become better and better. I wish you well on your quest!

# The GNAT



To be continued...

[beyouradvocate.org](http://beyouradvocate.org)

