



Inspiration to Overcome *Quote of the Day*

Complete Collection of Quotes and Commentary

#1-229

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Quote Number	Quote	Commentary (My Thoughts)
#1	"You can find inspiration from others, but determination is solely your responsibility." —Dodinsky	As the #quoteoftheday begins today, this is something that is worth remembering. My goal is to inspire people with OCD/anxiety/depression to have faith and courage, but the ability to put words into action comes from within. Someone can tell you that engaging or not engaging in a particular behavior is a step toward overcoming your disorder. Advice and encouragement can help you along the way. But the decision to take a leap of faith and COMMIT to doing it, no matter how difficult—that is something only you can do.
#2	"Sometimes in tragedy we find our life's purpose." —Robert Brault	Often you come to realize things you never would have thought of before.
#3	"Accept how you feel, but don't let your feelings rule you. You are in control." —Unknown	We cannot control our feelings, but we can control how we deal with them. If we don't reinforce them with negative behaviors, they tend to go away on their own.
#4	"A.C.T. — Action Changes Things" —Unknown	S.I.T. — Stuck In Thought
#5	"The opposite of faith is not doubt, but certainty." —Unknown	It is impossible to be certain of everything as a human being. Faith is acknowledging the existence of doubt but choosing to believe anyway.
#6	"Sometimes the hardest thing and the right thing are the same." —Unknown	Sometimes? When it comes to overcoming OCD, almost always.
#7	"Overthinking ruins you, ruins the situation, twists things around, makes you worry and just makes everything much worse than it actually is." —Unknown	Sometimes the best thing to do is to let thoughts go.
#8	"Sometimes you just have to say: 'I am currently under construction. Thank you for your patience.'" —TobyMac	Are we ever really "finished"?
#9	"Never giving up on yourself is what it takes to be your own hero." —Michael Bernard Beckwith	Have faith in yourself!
#10	"Fear is the brain's way of saying there is something important for you to overcome." —Rachel Huber	
#11	"Don't let the behavior of others destroy your inner peace." —Dalai Lama	You can't control what other people do, but you can control what you do in response.

#12	"Peace is the result of re-training your mind to process life as it is rather than as you think it should be." —Wayne W. Dyer	Life isn't perfect. In this world, "how it should be" does not translate into "how it is". Don't make yourself feel terrible by focusing on every negative aspect of life. Instead, focus on what you have the power to do next. Acceptance is the practice, peace is the result.
#13	"You can't change the direction of the wind, but you can adjust your sails to reach your destination." —Jimmy Dean	
#14	"You will get there when you are meant to get there and not one moment sooner. So relax, breathe, and be patient." —Mandy Hale	
#15	"Worrying does not take away tomorrow's troubles, it takes away today's peace." —Unknown, var. Corrie Ten Boom	A variation on a Corrie ten Boom quote.
#16	"Don't try to overhaul your life overnight. Instead, focus on making one small change at a time. Over time, those small changes will add up to a big transformation. Don't give up!" —Unknown	Circumstances are changed one decision at a time.
#17	"Faith and determination is what keeps me going." —Unknown	
#18	"To plant a garden is to believe in tomorrow." —Audrey Hepburn	
#19	"A strong person is not the one who doesn't cry. A strong person is the one who cries and sheds tears for a moment, then gets up and fights again." —Unknown	There is neither strength nor weakness in those who have never cried, for they have never experienced trial. There is no weakness in those who have cried, because from their trials they gain strength. There is only weakness in those who give up.
#20	"Don't create limitations." —Unknown	There are two kinds of limitations in life: the ones determined by the very nature of the universe and the ones determined by your own mind.
#21	"It takes courage to let go of the familiar and embrace the new." —Unknown	Change requires many things: determination, acceptance, strength, faith, perseverance, and action to name a few. Two of the most important are the courage to face the things that make you uncomfortable and the courage to step out into the unknown.
#22	"The past cannot be changed, forgotten, edited or erased; it can only be accepted." —Unknown	Actually, there are other options. The past can also be replayed, worried about, ruminated upon, regretted, resented, over-analyzed, criticized, hated, despised, and a source of constant anguish for the rest of your life. Choose instead to accept it, move forward and focus on the present. It is far easier said than done, but there is no other way to move forward.
#23	"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" —Mary Anne Radmacher	

#24	"Challenges are problems with solutions, if only you are determined to face and overcome them." —Moyo Adekoya	Keyword: DETERMINED
#26	"Never let a stumble in the road be the end of the journey." —Unknown	Obstacles are just successes waiting to be made.
#25	"I survived because the fire inside me burned brighter than the fire around me." —Unknown	What is your fire?
#28	"We're all human, aren't we? Every human life is worth the same, and is worth saving." —J. K. Rowling	
#27	"Challenge yourself." —Inspiration to Overcome	...to go above and beyond what you think you are capable of. ...by taking the next step forward. ...to accept, let go, and let be. ...and never give up.
#29	"Letting go of the things you can't change is one of the happiest moments of life." —Unknown	It is also one of the most difficult. However, letting things go is not something that happens in a single moment, but rather a recurring decision that must be made one moment at a time.
#30	"You will never reach your destination if you stop and throw stones at every dog that barks." —Winston Churchill	Every person...Every situation...Every thought...Every feeling...
#31	"Don't cling to a mistake just because you spent a lot of time making it." —Unknown	
#32	"Realize deeply that the present moment is all you ever have." —Eckhart Tolle	Events of the past are not changeable; events of the future are not controllable. Neither can be experienced. Why? Because they don't exist. Everything you do and experience is in the present moment.
#33	"I can be changed by what happens to me, but I refuse to be reduced by it." —Maya Angelou	Events of the past are not changeable; events of the future are not controllable. Neither can be experienced. Why? Because they don't exist. Everything you do and experience is in the present moment.
#34	"Thoughts are like clouds. They are formless, fleeting bodies, but they will form a shape if you stare at them for too long." —Inspiration to Overcome	What you envision is a matter of thought processing.
#35	"You have to believe in yourself. That's the secret to success." —Charles Chaplin	
#36	"The only thing stronger than a terrible feeling is the decision to accept it." —Inspiration to Overcome	
#37	"May your choices reflect your hopes, not your fears." —Nelson Mandela	
#38	"I can. I will. End of story." —Unknown	Simple enough.

#39	"OCD is not a disease that bothers; it is a disease that tortures." —J. J. Keeler	Take a moment to reflect on what the acronym "OCD" means to you. Does it mean neat? Cleaning-obsessed? Crazy? Weird? Is it the subject of a funny meme or a laughable remark? Does it describe someone you know, or even you? The truth is, "OCD" doesn't describe anything, because it isn't an adjective. OCD, or Obsessive-Compulsive Disorder, is the name of a serious psychological disorder that affects millions, each in a different way. Although cases vary in severity, OCD is one of the world's most debilitating diseases and certainly not something to be taken lightly. Sufferers are tortured constantly by disturbing thoughts and feelings and feel like they must engage in futile behaviors to prevent fears from being realized. As OCD Awareness Week begins today, see OCD for what it is: a disease that tortures.
#40	"No one knows what it's like. I have to do these things or something bad will happen." —Unknown	
#41	"(OCD) is like being controlled by a puppeteer." —Toni Neville	
#42	"It's like you have two brains—a rational brain and an irrational brain. And they're constantly fighting." —Emilie Ford	
#43	"Don't worry about walking a mile in my shoes, just try a day thinking in my head." —Unknown	Or, just don't judge.
#44	"Isn't everyone a bit OCD? Doesn't everyone have a quirk? . . . Isn't everyone a bit cancer? Doesn't everyone have a set of rituals to do every two seconds?" —Inspiration to Overcome	Serious conditions deserve to be taken seriously.
#45	"One thing which I can't stress enough is that OCD is completely nonsensical and will not listen to reason. This is one of the most frightening things about having it. I knew that to anyone I told, there are Salvador Dali paintings that make more sense." —Unknown	OCD is 1% logic and 99% fear, but it feels 100% logical to the person who has it.
#46	"Don't look back. You're not going that way." —Unknown	The only way you can go is forward.
#47	"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future." —Deepak Chopra	I don't know about you, but I want to be a pioneer of the present.
#48	"Nothing can be done except little by little." —Charles Baudelaire	

#49	"Ask yourself if what you're doing today is getting you closer to where you want to be tomorrow." —Unknown	What a powerful question. If the answer is "no," then what are the results of the things you are doing? Are these things helping you or keeping you stuck? Do they logically and truthfully make sense in the long term? Is there something you could do differently?
#50	"If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." —Lao Tzu	Very accurate, but if you have OCD, often you are living in the past and the future at the same time.
#51	"Efforts and courage are not enough without purpose and direction." —John F. Kennedy	When you notice yourself expending lots of time and energy on something, ask yourself: "Is what I am doing helping me to achieve my overall goal? What can I commit to doing right now to help me achieve my overall goal?"
#52	"Just because you're struggling doesn't mean you're failing." —Unknown	It means you're trying hard and not giving up.
#53	"You don't have to control your thoughts; you just have to stop letting them control you." —Unknown	Exactly. Take a step away from your thoughts and observe your environment. Is there an immediate threat? If not, allow yourself to rest in the serenity of the present. (If there is, react to it. But is it real or perceived?) Then focus on the relationship between your thoughts, your body, and what is around you right now. Do your thoughts make sense in this context? Do they affect what you are doing right now?
#55	"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." —Jesse Owens	
#54	"If their name isn't God, their opinion doesn't matter and their approval isn't needed." —Ritu Ghatourey	What other people think of you is irrelevant. But if their name is fear, worry, anxiety, OCD, depression, etc., they might require a stern "@#\$% you, I'm doing it anyway."
#56	"I will breathe. I will think of solutions. I will not let my worry control me. I will not let my stress level break me. I will simply breathe and it will be okay because I don't quit." —Shayne McClendon	
#57	"Don't feel guilty for doing what's best for you." —Unknown	Just make sure you do what's really best for you, not what your illness is telling you is best.
#58	"Remember how far you've come, not just how far you have to go. You are not where you want to be, but neither are you where you used to be." —Rick Warren	For when it's dark out and the road ahead of you is long and steep...
#59	"Courage is nothing more than taking one step more than you think you can." —Holly Lisle	Push yourself beyond the limits of emotion and you will give yourself reason to believe you can.
#60	"I'm too busy working on my own grass to notice if yours is greener." —Unknown	Don't compare and despair.

#61	"Being defeated is often a temporary condition. Giving up is what makes it permanent." —Marilyn vos Savant	#defeatistemporary #dontgiveup
#62	"Failure will never overtake me if my determination to succeed is strong enough." —Og Mandino	
#63	"Be the silent watcher of your thoughts and behavior. You are beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain." —Eckhart Tolle	Be mindful of who you really are, not what your illness is making you think you are. Take a step back and find the truth about the situation, not the lies OCD, depression, or anxiety is feeding you. Pointing out the flaws in its argument weakens its power.
#64	"There's no need to be perfect to inspire others. Let people get inspired by how you deal with your imperfections." —Unknown	My goal.
#65	"Never confuse a single failure with a final defeat." —Unknown	"Failing" to achieve your treatment goals one day, month, or even year does not mean you have been defeated. Rather, it means you are still trying despite the fact that you are struggling. You have the opportunity to reflect upon your struggles and make any necessary changes to help you succeed in the future. Or, if it was just an off day, simply try again tomorrow. You are not defeated until you have given up.
#66	"You can be stronger than even your deepest fears, but only if you refuse to let them be stronger than you." —Inspiration to Overcome	You have the strength to overcome them all, if only you are determined to fight against them.
#67	"True strength is in the soul and spirit, not in muscles." —Unknown	Truly strong people are those who endure: not only physical challenges, but mental, emotional, and spiritual ones also.
#68	"I cannot control the circumstances I am given, but I can control how I respond to them." —Inspiration to Overcome	We were all born into an imperfect world. We may not be able to change the bad things that happen in this world and the bad things that happen to us, but we can decide to respond to them with faith, acceptance, and a desire to focus on what we can change: our own actions. ---If your candidate didn't win last night, don't lose hope. [*See online for 2018 revision.]
#69	"To move ahead you need to believe in yourself...have conviction in your beliefs and the confidence to execute those beliefs." —Adlin Sinclair	You always have the ability to take a step forward, if only you believe you can.
#70	"As someone with a mental illness, you have three choices: you can let it destroy you, let it define you, or you can let it strengthen you." —Inspiration to Overcome, variant of (var.) Unknown	The person strengthened by mental illness is the person who already has been destroyed and defined, but decided to fight back.
#71	"The best way to succeed in this world is to act on the advice you give to others." —Unknown	It is far easier to know what to do and tell others to do it than to do it yourself. Trust me, I know. Know that it can be done, believe that you are capable of doing it, and then put that belief and knowledge into action.

#72	"Don't let your past steal your present." —Cherrie L. Moraga	You cannot experience the past; it can only be experienced as thoughts in the present. Often these thoughts will generate feelings of regret, fear, guilt, hopelessness, or despair. Remember that these feelings have no power over what is happening in the present moment. (The same is true of anxious feelings stemming from future concerns.) Choose to respond with acceptance and a focus on the present.
#73	"You cannot find peace by avoiding life." —Unknown	You can try, but in my experience it has brought me nothing but sorrow. Peace can only be found by accepting life the way it is—no matter how flawed it may be—and finding a way to make the best of it.
#74	"There are three 'C's in life: choices, chances, changes. You must make a choice to take a chance or your life will never change." —Unknown	Not just one choice, but the recurring willingness to do what makes you uncomfortable and the determination to see it through to change.
#75	"I refuse to be a prisoner of my obsessive thoughts. I will not let lies and nonsense dictate my actions." —Inspiration to Overcome	Starting now and continuing forever. Refuse to let irrational thought and the resulting fear and anxiety control you. One day at a time, one step at a time.
#76	"You may see me struggle, but you'll never see me quit." —Unknown	#nevergiveup
#77	"Be present in all things. Be thankful for all things." —Maya Angelou	Accept each moment as it comes. Take each thought, feeling, and situation for what it's worth. By being present in all of these things, you will often see that they are worth nothing to you. Every time, however, you will see that they are at least worth being thankful for.
#78	"Your peace is more important than driving yourself crazy trying to understand why something happened the way it did. Let it go." —Mandy Hale	Even if you never understand why things went wrong, you can find peace by focusing on and building upon the things that went right.
#79	"Faith is not something you just have. It is something you constantly have to work toward. Faith is not a feeling; it's a decision you have to make every day." —Al Carraway	FAITH IS NOT A FEELING. These are powerful words. Many people seem to believe that someone who has faith feels carefree and optimistic, joyful and confident that everything will be fine. And while these are feelings people with faith often have, they do not represent what it means to "have" true faith. Rather, people with faith are those who, in the face of doubt, suffering, challenges, and all other evidence to the contrary, make a recurring decision to accept these uncertainties when they arise and redirect their focus to what they believe in—what they know in their hearts is true.
#80	"Nothing terrifies me as much as staying precisely the same. This cannot be as far as I get to go, there is so much more to become." —Tyler Knott Gregson	In every moment you have to decide what scares you more: moving forward and facing your fears, or staying stuck in the same place letting them consume you for the rest of your life. OCD has an ironic way of completely destroying you in an attempt to prevent things from going wrong. The question is: what do you think is "wrong"?

#81	"When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal." —Unknown	If you feel like you're not making enough progress, it might be time to make some changes to your plans.
#82	"Your present circumstances don't determine where you can go; they merely determine where you start." —Nido Qubein	Don't confuse your present reality with your full potential. Where you can go is a matter of having the right attitude, the right approach, and the determination to get there.
#83	"Just because you're taking longer than others does not mean you're a failure. Keep going." —Simple Reminders	Your path in life is unique.
#84	"Defy the voice that tells you that it won't get better." —Unknown	Don't believe the lies your illness is feeding you. That voice of hopelessness and catastrophic thinking leads ever further away from your goals. Focus on what you need to do and prove that voice wrong.
#85	"Just because you think you're worthless doesn't make it true." —Unknown	No, it means your thoughts are distorted; your illness is preventing you from seeing the good in yourself. It means you're struggling and can't see through the fog to realize that you are loved and cared for. It means you assume your current condition will never change and you can't see the meaningful things awaiting you in the future. You are not worthless; no one is worthless. What IS worthless is to doubt your own worth.
#86	"Determination is doing what needs to be done even when you don't feel like doing it." —Unknown	You don't overcome OCD, anxiety, or depression by doing things when you feel good. Treatment doesn't depend on what you feel you are able to do. The single most valuable skill to be learned in treatment, in my opinion, is the ability to feel terrible things— anxiety, fear, sadness, tiredness, grief, hopelessness, and futility—and still do what needs to be done in spite of them. Although you do have limitations, they are probably much higher than you perceive them to be. Be determined to do what you know will make you feel better in the long term, and use positive coping strategies and self-care to help in the short term.
#87	"Never apologize for being sensitive or emotional. Let this be a sign that you've got a big heart and aren't afraid to let others see it. Showing your emotions is a sign of strength." —Brigitte Nicole	You never have to be afraid to feel.
#88	"Fear is courage holding on a minute longer." —George S. Patton	Hmm...

#89	"If you aren't willing to take a step forward, you move three steps back by default." —Inspiration to Overcome	Each and every time you let fear overrule your desire to do what you know is right, you give it increasingly more power to influence your next decision. Whenever you are afraid to take another step forward in treatment, remember that there is no such thing as "standing still" when it comes to anxiety disorders. As difficult as it is, you must find the courage to keep moving forward or your disorder will claw its way back into your life. Be willing to take a chance, make yourself uncomfortable, and see what happens next.
#90	"Never quit. If you stumble get back up. What happened yesterday no longer matters. Today's another day, so get back on track and move closer to your dreams and goals. You can do it." —Unknown	Remember this when you feel like you've failed...
#91	"Difficult roads often lead to beautiful destinations." —Unknown	But only if you are persistent and courageous in your approach to traveling them.
#92	"Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life." —Thich Nhat Hanh	No amount of reviewing the past can bring you peace in the present; neither will worrying about the future add time or value to your life. Uncertainty surrounding things both done and undone need not override your present reality. Overthinking or doing compulsions now will not make things right or alleviate your feelings of discontent in the future. Don't let your desire to control and perfect everything interfere with your ability to experience life in the present moment.
#93	"Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow." —Carrie Fisher	This is my first post in a while. I was very busy over the holidays with some projects I have been unable to finish for three years—until now. Each time you accomplish something meaningful or achieve a goal, no matter how small, you improve your self-esteem and rebuke your fears and doubts. Confidence in your abilities is built upon action, and with mental illness, that action is doing something you are not sure you can do. You will always feel afraid and incapable until you have actually done it.
#94	"Accept what you cannot change; change what you cannot accept." —Unknown	Sometimes the best response isn't the active one. Be proactive in guarding your thought patterns and actions, but let feelings and intrusive thoughts pass. In the face of uncertainty and fear, the best response is always to accept and let go. It may be easier to react, but it is by reacting that you give these feelings power. If you can't accept something, the next best thing is to challenge it. Does it make sense? Does it really impact you? If it does, then do something to change it. And if you can't do anything to change it, then you must accept it.

#95	<p>"Love is so powerful that it always wins. Truth is so powerful that it always wins. All it takes is time." —Cat Bauer</p>	<p>In this day, we are constantly bombarded with conflicting information from many different sources. For someone with a mental illness, that often includes their own mind. Truth, however, is elusive, and not as easy to believe and follow as the lies of your depression, the rules of your OCD, the hysteria of the media, or the words of aspiring dictators. Yet it can be found; it can be found where there is love. Love and truth go hand in hand, and if you subscribe to such beliefs, love and truth can only be found in God. Regardless, two things are for certain: truth CAN be found, and it will always win if you commit to following it. --Mental illness will not win. Truth trumps mental illness, and love trumps all.--</p>
#96	<p>"Remember that time you thought you couldn't do it . . . and then you did? Do that again." —Unknown</p>	<p>The evidence that proves you can do something you don't think you can do is the fact that you already have.</p>
#97	<p>"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." —Rikki Rogers</p>	<p>True strength has nothing to do with BEING strong, it's all about BECOMING strong. Whenever you have the opportunity to go one step further than you think you can—that is an opportunity to gain strength. Therefore, every obstacle we overcome, every fear we face, and every tiny accomplishment we make is a sign of strength.</p>
#98	<p>"Understanding the challenges you face with your illness, and then planning a life despite them, may be one of the healthiest decisions you ever make." —Unknown</p>	<p>I am not going to tell you that if you try hard enough, all of your problems will go away. It simply isn't possible to live a problem-free life; mental illness will never "go away." Instead, you must first acknowledge the fact that you have a mental illness. There many things you can do to work toward "overcoming" that illness, but you will never be "cured." You have to be able to accept that there will always be things that scare you, things you feel like you can't do, and things that you can't control. Then, you have to decide to live your life in spite of these things. Overcoming mental illness is not about finding perfection, but rather finding acceptance. However, that doesn't mean you can't make progress. Your illness might be a part of who you are, but it doesn't define you. Once you understand what you are up against, you can take steps forward to improve the things you can change, and then accept the things you can't. It might not be possible to remove mental illness from your life, but it is possible to live a meaningful life with a mental illness.</p>
#99	<p>"A little progress each day adds up to big results." —Unknown</p>	<p>One small step at a time, or even two steps forward and one step back, is always better than not taking a step forward at all. Don't overwhelm yourself by ruminating on all of the things you have yet to overcome. You cannot overcome them all at once. Just start with one small goal and the rest will fall into place. You will get there in time.</p>

#100	"Sometimes even to live is an act of courage." —Seneca	Life can be many things, but easy is not one of them. The human condition is abound with uncertainty and fear, sadness and loss, death and destruction. For someone with an anxiety or mood disorder, these might seem like inescapable, undeniable reasons for which life is just not worth living. But beyond all of the chaos, there are good times and wonders, love and happiness, purpose and meaning. It takes a tremendous amount of courage to walk through the haze of negativity in your life in the hope that there are better things out there in the distance. But there are, and it is possible to get there. I can continue living my life in spite of my fear of the unknown, and so can you.
#101	"Feelings are feelings, not facts. Thoughts are thoughts, not threats. Sensations are sensations, not mandates to act." —The Mindfulness Workbook for OCD	OCD is fundamentally a disorder in which your mind constantly assigns value to things that are inherently meaningless. Whether those are external stimuli (triggers) or internal processes, OCD causes you to interpret them as imminent threats as opposed to irrelevant, uncontrollable occurrences. When your mind cannot bring closure to the ensuing fear and uncertainty, you feel like you have to engage in compulsive behaviors or thoughts in order to neutralize the anxiety. In actuality, we cannot control the way we feel about things that happen inside or outside of our body any more than we can control the presence of the wind; light or strong, it just passes over us and changes direction as it pleases. Feelings often trigger thoughts, and thoughts in turn can trigger more feelings, but thoughts too are just automatic brain processes created by years of being conditioned to think that way. Thus, the best way to deal with them is simply to accept them as they are and let them pass. Thoughts won't do anything on their own unless you choose to think about them more; in fact, allowing them to simply exist without assigning value will eventually cause them to decrease due to a lack of reinforcement. The same is true of feelings and psychosomatic sensations: if you choose to let them pass, they will start to bother you less and less.
#102	"The voice in your head that says you can't do it is a liar." —Unknown	That voice doesn't come from you, it comes from your illness.
#103	"It is the same with people as it is with riding a bike. Only when moving can one comfortably maintain one's balance." —Albert Einstein (most accurate English translation)	Ruminating on the past and over-analyzing the present (or future) situation will keep you stuck where you are and cause your future to pass you by. The only way to be successful in life with or without an anxiety disorder is by constantly accepting and moving forward.

#104	"Dear life: there is OCD . . . then there is ME." —Unknown	There is a distinction, even when it feels like there isn't. OCD is a major part of who I am, but it doesn't define me. I am greater than my obsessions and compulsions and more meaningful than my shortcomings and struggles. I can, I will, and I have overcome OCD, myself and every other person who lives with it.
#105	"It's a lack of clarity that creates chaos and frustration. These emotions are poison to any living goal." —Steve Maraboli	It can be challenging to adhere to your goals and make logical choices when your mind is clouded with fatigue, depression, anxiety, obsessions, or intrusive thoughts. However, it becomes far more difficult when you spend all of your time and energy trying to figure out things you don't understand and solve all of your problems at once. When you can find clarity in neither your head nor the path ahead of you, it is easy to become flustered and allow that chaos to slowly consume you and any hopes you may have had for the future. This is something with which I have been struggling a lot recently, but in some ways has persisted for many years. These emotions truly are "poison to any living goal," as they have been to my recovery. Yet, in my experience I am continuing to learn that there is a way to overcome overwhelming feelings and physical sensations—and it isn't by ruminating and obsessively trying to remove or neutralize them. It is by accepting them as they are and doing what you can, in the moment, one step at a time, to move forward. It is by learning to tolerate the distress and uncertainty these feelings create and by finding purpose and direction in the midst of the storm. Remember that you are not doomed to feel terrible for the rest of your life; OCD, anxiety disorders, mood disorders, eating disorders, personality disorders, and schizophrenia are all extremely treatable. Even if you have a disorder that isn't treatable, or treatment isn't working for you, you can still find peace in acceptance and purpose in Christ, if you so believe. Clarity might seem elusive right now, but triumph over your struggles is not. I believe that I can overcome, and I know you can too.
#106	"Worrying is like sitting in a rocking chair. It gives you something to do, but it doesn't get you anywhere." —English Proverb	

#107	"Feel it. The thing you don't want to feel. Feel it and be free." —Nayirah Waheed	You will only be a slave to fear for as long as you refuse to feel it. You may not be able to control what makes you afraid, but you can choose whether or not to let it control you. The single greatest act of courage is to just feel. It is the the most difficult thing you will ever have to do, but the only way to freedom from irrational fear and uncertainty is to simply experience what scares you and let the feelings pass. One exposure and one moment at a time, you will get there.
#108	"The strongest people make time to help others, even if they are struggling with their own problems." —Unknown	I'm trying...
#110	"Just breathe in, breathe out, and remember that moving forward means taking it one step at a time." —Unknown	(See #109)
#109	"When you finally accept that it's okay not to have answers and it's okay not to be perfect, you realize that being confused is a normal part of what it is to be a human being." —Winona Ryder	The past few days, weeks, months, and years have been undeniably, excruciatingly difficult for me. I have been grappling with debilitating mental fatigue, physical frailness, cognitive incompetence (or at least that's how it feels) and lack of motivation and strength, and often it feels like things are only getting worse. Once again I don't completely understand why I continue to experience these things, and it pains me to not have the answer. Yet, I am beginning to realize that I can experience things without understanding them completely, not just in theory, but in practice. I can find my way through this by accepting what comes, giving myself reason to keep moving forward, and focusing on one step at a time.
#111	"Uncertainty is an uncomfortable position, but certainty is an absurd one." —Voltaire	Philosophically speaking, there is nothing that can be known for certain. Our convictions and beliefs are not based on any one definite reality, but rather our limited understanding of the evidence we are presented with over the course of our lives. In the face of great doubt and great fear, we don't need to be certain that what we are doing is best or will not cause harm or trouble. Upon rationally considering the evidence, it simply isn't possible to say that something is 100% certain to be true or that a fear that something bad will happen is 100% false. We can only make a decision, in a leap of great faith, to embrace the uncertainty and commit to doing or believing in something anyway. Remember: it's not about knowing for sure that things will go right, it's about being unsure yet still determined to try something anyway.
#112	"One must have great faith, great doubt, and great determination." —Senora Roy	It's not always the absence of doubt or apprehension that motivates people. Often it is by realizing that those feelings may always be there, but choosing to embrace faith instead and finding a reason to make it happen.

#113	"One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity." —Albert Schweitzer	Challenge yourself by doing something difficult or anxiety-provoking today. The more obstacles you overcome, the stronger you become. You don't have to start out feeling confident or strong to take a step forward; that will come later. The first step to overcoming adversity is always a determined leap of faith.
#114	"You have to find something. Something that anchors you; something that keeps you looking forward." —Unknown	I think this quote can be interpreted in several different ways. If you have depression, it could mean finding something to motivate and empower you to get out of bed today. If you live with an anxiety disorder, it could be grounding yourself in your surroundings or looking just ahead to the very next step. For someone who feels like giving in or giving up, or like all of the sorrow, hatred, wickedness, and trouble in the world is just too much, it could be a reason to keep feeling, doing, trying, fighting, and living. And for everyone, it is the thing that gets them through to the next day. What is your "something"?
#115	"Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip-toe if you must, but take the step." —Unknown	If you feel like you're stuck and can't do anything to change the situation that you are in, even the smallest bit of progress is a huge accomplishment. The tiniest step forward might not seem like anything now, but if you look back on it later, you could see that it was the first step in the greatest change of your life.
#116	"Failure keeps you humble, success keeps you glowing, but only faith and determination keep you going." —Unknown	It is by faith that you can succeed and by determination that you choose not to concede.
#117	"It's not that I'm so smart, it's just that I stay with problems longer." —Albert Einstein	Wisdom comes from experience, and not all experiences are pleasant and trouble-free. Sometimes the most important things can only be learned through adversity.
#118	"Can you endure your uncertainty until it shows you another way?" —Mark Nepo	And there IS another way. It is by no means easy or painless, but if you are able to gather the courage to endure it for long enough, your uncertainty will show you the truth. Truth is not found in the certainty of understanding, control, or rituals, but rather in the uncertainty of freedom and faith.
#119	"I'm learning to accept things at face value. Not because I think they are worth that much, but because I can't control their prices." —Inspiration to Overcome	We cannot control the way things (like our thoughts) make us feel, but we don't have to believe or agree with them either. Take them as they come, then let them go.
#120	"Be strong. You never know who you're inspiring." —Unknown	I will.
#121	"If you want to find your purpose in life, find your wound." —Rick Warren	Sometimes our purpose can be found standing on the other side of a dark chasm of pain and fear, at the end of a long, narrow, rickety bridge shrouded in a cloud of uncertainty and doubt. Other times our purpose might simply be getting there.

#122	<p>"Ignoring things won't make them go away. It only makes it harder to face them when they finally come around." —A. Meredith Walters</p>	<p>There are a lot of things I wish I could ignore or avoid: getting up in the morning, getting ready, doing work, facing triggers, getting exercise, encountering problems, or basically doing any task that, on account of hyperawareness OCD, expends large quantities of mental energy and produces copious amounts of anxiety. Whenever I do avoid these things, I do it because I perceive the amount of energy it requires (and anxiety it produces) to be greater than the amount I can handle. Postponing things until later (or not doing them at all) seems like the easiest way to make them go away. Aside from the emotional justification and lack of faith in my own abilities, this perspective is distorted because, in reality, ignoring things only makes them push back on you harder. The anxiety will continue to build and build, until eventually it collapses in on you. All you will be left with is wasted time, missed opportunities, and an overwhelming sense of defeat. Don't let your illness deprive you of things that could make your life meaningful just because they might be difficult; they will only become more difficult with time. And if they feel like too much, remember that they usually aren't, because you are capable of more than you know.</p>
#123	<p>"The prettiest smiles hide the deepest secrets; the brightest eyes have cried the most tears; the kindest hearts have felt the most pain." —Unknown</p>	<p>Sometimes our best qualities shine brightest through pain.</p>
#125	<p>"Bloom where you're planted." —Unknown</p>	<p>My Mothers' Day gift to my mom. We have to grow in the soil we're given.</p>
#124	<p>"Although I cannot change the world, I can find peace by changing myself." —Inspiration to Overcome</p>	<p>There are many facts about life that we, despite our efforts and our ambitions, will never be able to change. There will always be illness; there will always be pain. There will be disagreements, arguments, fights, and wars; contempt, evil, injustice, and ignorance. It is only once we cease striving for perfection in this world that we can begin to experience real change, the kind of change that leads to inner peace and self-contentment. That kind of change starts not with others, nor with our circumstances, but rather with our own responses and actions.</p>
#126	<p>"Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart." —Unknown</p>	<p>In the midst of chaos, I find peace in knowing there is something eternal to hold onto, a reason to endure and experience the storm.</p>
#127	<p>"Yes, I overthink, but I also over-love . . ." —Unknown</p>	<p>I do.</p>

#128	"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation." —Brian Tracy	Every struggle that we face and overcome is preparation for better things in the future.
#129	"Comparisons make you feel superior or inferior; neither serve a useful purpose." —Jane Travis	It's okay to be who you are, and where you are, right now. Your path is unique, and what others are doing right now doesn't matter. You are enough.
#130	"Maybe I can't stop the downpour, but I will always join you for a walk in the rain." —Unknown	Rain, rain, you're OK; we'll keep living anyway.
#131	"For the present is the point at which time touches eternity." —C. S. Lewis	Now is everything.
#132	"You are already courageous; you are already brave. You've got to stop pretending that you are not afraid; you've got to stop feeling ashamed that you are afraid. Fear is the beginning of courage and bravery. You have got to sit with it . . . listen to it . . . talk to it . . . be with it, then you've got to look it square in the eye and say, 'Thank you for your opinion, but I am going to do this difficult, uncomfortable thing anyway.' That is courage; that is bravery." —Melody Ross	Courage and bravery are nothing more than the ability to tolerate an uncomfortable feeling, and the judgement that something else is more important than that feeling.
#133	"I know I'm good for something, I just haven't found it yet." —Unknown	Someday, someday soon.
#134	"The truth may be out there, but the lies are inside your head." —Terry Pratchett	Sometimes the worst deception comes from within. To find truth, we must look beyond ourselves: beyond the realm of our thoughts and our feelings. I believe that truth is always there, hiding in plain sight. It's just a matter of having the faith and determination to follow it where it leads, down the uncertain and painful road to peace.
#135	"You will not win the fight against uncertainty by becoming certain. You will not find your stability by trying to make the unstable, stable. Instead your certainty and stability will come as the result of decidedly embracing uncertainty." —Teal Swan	They say that ignorance is bliss. Well, when it comes to letting go of your exhaustive struggle to seek the comfort, security, and certainty which your OCD demands, it certainly is. **Tomorrow's Quote: "To be at peace, we need not to be certain, but only to have faith in the uncertain." — IOC*
#136	"To be at peace, we need not to be certain, but only to have faith in the uncertain." —Inspiration to Overcome	

#137	"The greatest tragedy in life is to believe yourself a failure if you do not follow the path that society demands you march." —Daniel Walsh	Failing to meet the expectations of other people or conform to the standards of "normal" living does not translate into meaning you have failed. Neither is it helpful to believe that someone else or society at large has failed you. You cannot always change the way people see you, but you can always change the way you view yourself. Forge your own path in life and others will follow their own.
#138	"You are important. You are loved. The world would not be better off without you. Life can feel hard, but you can get through it. Because things change. They get better. Because you matter, and we need you. Please, please don't ever give up." —Unknown	A reminder for all those struggling right now: this too shall pass.
#139	"I can't tell if it's killing me or it's making me stronger." —Unknown	The difference is endurance. Once you learn to feel, you shall endure, and once you endure, you shall overcome.
#140	"It is never too late. It is only too late when we never even gave it a chance." —Unknown	The point at which you are able to gather the courage to fight back is insignificant compared to the fact that you made the decision. Even when it feels like you've been stuck forever, and things just keep getting harder, it is never too late for change.
#141	"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy." —Robert Tew	It could be the most difficult thing you've ever done, but it will be worth it.
#142	"The willingness to consider possibility requires a tolerance of uncertainty." —Rachel Naomi Remen	The best thing about not knowing is that all possibilities are still on the table. Try to focus on the ones that help you move forward, and let the ones that hold you back linger in the background.
#143	"You may encounter many defeats, but you must not be defeated. Please remember that your difficulties do not define you. They simply strengthen your ability to overcome." —Maya Angelou	Every defeat is a learning experience, not a defining life event. Our setbacks and failures only give us an indication of what we are doing wrong, and an opportunity to grow in the endurance we will need to face the next obstacle.
#144	"Sometimes you have to stop worrying, wondering, and doubting. Have faith that things will work out, maybe not how you planned, but just how it's meant to be." —Unknown	When it all just seems like too much, sometimes your only hope is to let it all go.
#145	"Mindfulness is simply being aware of what is happening right now without wishing it were different: enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't). —James Baraz	It's experiencing the present moment as it is, then letting it pass without undue judgement or rumination. It is not something that is easy to do, but rather a skill that must be learned through practice in conjunction with CBT.
#146	"People will meet you in your honesty. First you have to invite them in." —To Write Love On Her Arms	Some people will knock, but they can't come in unless you open the door.

#147	<p>"Your dream doesn't have an expiration date. Take a deep breath and try again." —K.T. Witten</p>	<p>After letting the time and energy to work on Inspiration to Overcome be consumed by other things these past three weeks, I hope to get back to posting more frequently again starting today. Even when things don't go as planned (which is honestly most of the time), I must keep going and start again.</p>
#148	<p>"By becoming this, all I want to do is be more like me and be less like you." —Linkin Park, "Numb"</p>	<p>(Verse 1) I'm tired of being what you want me to be Feeling so faithless, lost under the surface I don't know what you're expecting of me Put under the pressure of walking in your shoes Caught in the undertow, just caught in the undertow Every step that I take is another mistake to you Caught in the undertow, just caught in the undertow (Chorus) I've become so numb, I can't feel you there Become so tired, so much more aware By becoming this all I want to do Is be more like me and be less like you (Verse 2) Can't you see that you're smothering me? Holding too tightly, afraid to lose control 'Cause everything that you thought I would be Has fallen apart right in front of you Caught in the undertow, just caught in the undertow Every step that I take is another mistake to you Caught in the undertow, just caught in the undertow And every second I waste is more than I can take! (Chorus) And I know I may end up failing too But I know you were just like me with someone disappointed in you (Chorus) I've become so numb, I can't feel you there I'm tired of being what you want me to be I've become so numb, I can't feel you there I'm tired of being what you want me to be</p>
#149	<p>"I have reached a point of no return. I will not put up with negativity from others in any shape or form. I cannot handle people bashing what they disagree with or hate. My empathetic nature and deep-seated anxiety absorbs the emotions around me—be they good or bad . . . and I can no longer handle anything that darkens my spirit. If it's on the radio or TV, it gets turned off. If it's on the Internet, I scroll past. If it's out of a human's mouth, I distance myself. I choose to promote what I love. To absorb love. To become love . . . and thereby project love." —Alfa</p>	<p>It may be a dark world, but we don't have to let that darkness inside. Sometimes it is more helpful to focus on expelling our own inner darkness before trying to handle that which comes from outside.</p>
#150	<p>"Even though bad things will happen, we can still live." —To Write Love On Her Arms.</p>	<p>And live life joyfully.</p>

#151	"Have the courage to make the change, the strength to get through it, and faith that everything will turn out for the best." —Unknown, var. Serenity Prayer	The three requirements for change: courage, strength/endurance, and faith.
#152	"Purpose is the place where your deep gladness meets the world's needs." —Frederick Buechner	And that place does exist; everyone has a purpose. It may be hidden at the moment, but you will find the right place if you are determined to keep searching.
#153	"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine." —Unknown	What percentage of your time and energy is spent on doing the same things every single day? Chances are it is more than 50%; we are creatures of habit, after all. Sometimes our habits do not provide us with enough satisfaction and productivity to make them worthwhile, but we continue to do them because they are familiar to us and come more naturally than change. Many, like avoidance, are maladaptive coping strategies that seem to work in the moment, but only push us further and further away from achieving our goals and overcoming our fears. Changing our deeply ingrained habits can feel like trying to run up a mountain, but it can be done if we break down our routines and goals into small, manageable pieces and focus on tackling one at a time. By consistently replacing our unhealthy habits with healthy ones, we will slowly begin to change our lives.
#154	"If you're waiting for a sign, this is it." —God (for real, maybe?)	If you have been waiting for the "perfect moment" to take a difficult step forward, an "unmistakable sign" that things are going to get better, or a sign that it's time to cease striving for "just right" perfection and move on, this is it. Now is your time; anytime is your time.
#155	"Out of your vulnerabilities will come strength." —Sigmund Freud	It's okay to be open up and be vulnerable sometimes. Why? It's the only way you can help people to empathize with you, develop relationships, and get help from a treatment professional. It is an act of courage to show your weaknesses to others, and each time we do we gain strength and self-confidence.
#156	"Please don't judge people. You don't know what it took someone to get out of bed, look and feel as presentable as possible and face the day. You never truly know the daily struggles of others." —Karen Salmansohn	Outward appearance often does not reflect inner turmoil. Some people have become experts at hiding the pain, while others may feel mentally exasperated, fatigued, or numb without showing a thing. Our emotional distress might seem to others at times like apathy, anger, frustration, disrespect, hatred, entitlement, selfishness, desire for control, or even happiness—but that is only the tip of the iceberg; in reality there is something entirely different going on beneath the surface. So, please don't judge people struggling with a mental illness, or anyone, for that matter. You never know how they might be hurting.
#157	"When I hear somebody say, 'Life is hard,' I am always tempted to ask, 'Compared to what?'" —Sydney J. Harris	It can be hard sometimes, but there's nothing better than life.

#158	"God didn't give you the strength to get back on your feet so you could run back to the same thing that knocked you down." —Unknown	No, he didn't. He gave you that strength so that you could turn around and run to Him.
#159	"You have been assigned this mountain to show others it can be moved." —Unknown	
#160	"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." —Jon Kabat-Zinn in "Wherever You Go, There You Are"	There is really no right or wrong way to practice mindfulness, as long as those three criteria are met. Whether it is sitting and noticing your breathing, grounding, guided meditation, or just mindfully noticing things for a time or practicing it throughout the day, do whatever works best for you. (Maybe you can try being mindful of the uncertainty you have about how to properly be mindful, like me.)
#161	"Learn how to enjoy where you are on the way to where you are going." —Joyce Meyer	The most important part of your journey is always right now. The destination may be far off, and the road may be painful, but you can still try to appreciate the good in every moment along the way.
#162	"Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular, but just to let us feel that we are cared for and supported." —Unknown	At many times during your struggle with any sort of illness you will encounter people who think they know something you don't about how to manage it. People might try to give you "advice" and "support" for many reasons: they might feel obligated (i.e., parent or spouse), they might be arrogant and judgmental, they might feel sorry for you and want to help, or they could just be experiencing cognitive dissonance between their beliefs, life experiences, and social norms and what they make of you and your experiences. When the latter occurs, it is often labeled as ignorance, or ableism (a form of prejudice) as it relates to illness and disability. This situation can be made even more difficult if you struggle with confronting people or explaining your feelings to them. As a result, you might feel like your struggles don't matter or aren't real (invalidated), you might be feel insecure and out of place somewhere you should feel at home, or you could feel hurt and rejected by people whom you love the most. The best kind of support that can be given to someone with an illness or disability is to let them know that their feelings matter and that you will stand behind them 100%. Let people know that what you need is not for them to try and change you, but rather accept you for the person that you are, and remain hopeful of the person you are fighting to become.
#163	"Don't burn your opportunities for a temporary comfort." —Unknown	Every time you experience an uncomfortable thought or feeling—that is another rung on your ladder. Don't burn them because you want to stay warm. Climb them so you can be free.

#164	"Stay. Find what you were made for." —To Write Love on Her Arms' 2017 #suicideprevention campaign motto	#IWasMadeFor purposes greater than myself, greater than this world, greater than anyone could ever imagine. To love, to give, to enjoy, to experience, and to help others do the same.
#165	"I don't mind the sadness; what I can't stand is the lack of motivation, lack of energy, and the inability to enjoy things the way I used to." —Unknown	Depression is much more than just sadness. One of the worst feelings is the dense mental fog of fatigue and discouragement surrounding every attempt you make to do something fulfilling.
#166	"Wait patiently with your feelings, and they will leave you alone. Wait patiently with a person, and they will stay." —Inspiration to Overcome	When your first instinct is to control, confront, or run away, try instead to accept and wait.
#167	"God grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Living one day at a time. Enjoying one moment at a time. Accepting hardship as a pathway to peace. Taking this sinful world as it is, not as I would have it. Trusting that You will make all things right if I surrender to Your will. So that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen." —Serenity Prayer & Unknown	Because our lives in this world will never be perfect, but our lives in heaven always will be.
#168	"Friendly reminder your intrusive thoughts don't make you a bad person." —Unknown	On the contrary, learning how to let go of frightening thoughts makes you a stronger, better person.
#169	"Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?" —Mary Manin Morrissey	In case you were not already aware, I choose most of the quotes I write about based on what speaks to me in my moments of suffering. Even when I write as if I am speaking to someone, often times the person who needs to hear it the most is me. I have trouble taking my own advice, and right now the advice I need is to let go of my constant struggle for control and certainty: of my thoughts, of my painful emotions, of the fallen world, of trying to make things right by imagining scenarios, doing compulsions, avoiding life, and reviewing the past. One moment at a time, I will strive to let go and have faith amidst the darkness.
#170	"Just because I can't explain the feelings causing my anxiety doesn't make them less valid." —Lauren Elizabeth	Understand that sometimes there are no words for what we are feeling. Sometimes it is just too burdensome to explain, sometimes we are not even sure ourselves. Just know that what we feel hurts, and that those feelings are real.
#171	"Is what I am doing right now moving me closer to the kind of life I want to live?" —Inspiration to Overcome	
#172	"You can't change what's going on around you until you start changing what's going on with you." —Unknown	And even then, there are many things beyond our control which must be let go. But many of the problems we see around us would be a lot easier to handle if we worked to overcome our own problems first.

#173	"The key to overcoming OCD is being persistent in your commitment to feeling uncertain." —Inspiration to Overcome	Dear Self: The only way out when you are stuck in an endless cycle of fear and hopelessness is to take a leap of faith. Do the things you believe you cannot do and experience the feelings and situations you believe will harm you. Take a chance and make a change, for you have nothing left to lose. Live to see what happens if you face one thing, then another thing, and persistently commit to embracing uncertainty one moment at a time. Prove to yourself that your thoughts and feelings can't harm you, and don't give up when it starts to feel wrong or something gets in the way. If you HAVE done it once, you CAN and WILL do it again.
#174	"I CAN overcome; I WILL overcome; I HAVE overcome, so long as I know why." —Inspiration to Overcome	Find your why.
#175	"You are going to suffer any way. Either from engaging in the endless compulsions or from the anxiety that rises when you quit the compulsions. You might as well choose the option that gives you a chance on recovery." —Whole Thoughts on OCD	There comes a time when you must ask yourself this question: Which is worse, the harm that might result from uncertainty or the harm my OCD is already causing in my life today?
#176	"With knowledge comes power, but uncertainty brings the wisdom of humility." —Inspiration to Overcome	Sometimes our true power is not in knowing, but rather in trusting the knowledge of someone greater.
#177	"You will find that it is necessary to let things go; simply for the reason that they are heavy. So let them go, let go of them. I tie no weights to my ankles." —C. JoyBell C.	
#178	"Be strong from the inside out. Small right actions are the way to change discomfort." —Michelle Maros	Remember, feeling right and being right are two separate qualities, and often they are directly opposed to each other. Whenever you are experiencing a thought or emotion that is telling you to do one thing, try pausing first to notice what is happening: Is this really the right thing to do? Is the thought true or important? Does this make me happy or serve me in any logical way? If the answer is yes, then do it. But if the answer is no, your best response is to accept the discomfort and do the next thing that really is right. And for those things you just cannot accept, you will only change them by doing the next small, right thing at a time.

#179	"We ignore seeing the truth for temporary happiness." —Unknown	Is there something you know is true but won't embrace because you're afraid of the pain it will cause? This is the everyday experience of a person with OCD. We know what is true and right, and that the compulsions make no sense, but it just doesn't feel and seem that way. Instead, we choose temporary comfort over what feels like death and destruction. The problem is, the comfort is just that—temporary. It will be here one moment, then gone the next, leaving us feeling worse than before. We can only ever find real, lasting comfort in one thing: living out the truth
#180	"You are overthinking it." —Unknown	Just a friendly reminder: If you're causing yourself more trouble thinking about it than you would by actually doing it, it's probably the right time to move forward.
#181	"There is no growth when there is no change." —Inspiration to Overcome	Every change in season is an opportunity to grow.
#182	"I owe no explanations for my flaws. I don't have to justify my mistakes, my past, or my insecurities. I am growing and learning. Let me live." —Unknown	You don't owe anyone an explanation for your suffering or justification for not winning the battle sometimes. You don't have to explain the unexplainable to people who are not even willing to understand or stand trial before voices who won't even listen. Not anybody, not even your own critical self. Each person has their own unique journey in life, so don't let your self-worth become defined by the expectations of others. Your life is yours to live alone.
#183	"One reason people resist change is because they focus on what they have to give up, instead of what they have to gain." —Unknown	The paradox is that we must give up the false "comfort" of the status quo—habitually giving in to the compulsive urges—in order to experience the true comfort of taking control back from OCD (which also paradoxically requires giving up control over many things). This will feel painful and strange at first, but not nearly as painful as the consequences of OCD controlling your life.
#184	"One of our greatest tests is to see if we are able to bless someone else while we are going through our own storm." —Unknown	
#185	"There are aphorisms that, like airplanes, stay up only while they are in motion." —Vladimir Nabokov	Any truth condensed into a quotation is only as good as one's ability to practice it. Understanding the theory is essential, but putting what you know into practice is where the hard work begins.

#186	"Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong." —Unknown	Sorry for my exceptionally long hiatus from posting the Quote of the Day. I have been overwhelmed and discouraged with the progress of my recovery (or lack thereof) and the condition of my life recently. The pain caused by habitually finding ways around feeling the discomfort of resisting compulsions and the uncertainty of living life has become a greater torture than the anticipated discomfort and uncertainty itself. And so it is time to let go; it is time to break out; it is time for change.
#187	"The quieter you become, the more you can hear." —Unknown	
#188	"To that one soul reading this, I know you're tired. You're fed up. You're so close to breaking but there's strength within you even when you feel weak. Keep fighting." —Unknown (via Simple Reminders)	When all seems lost, we discover our strength.
#189	"It's like a broken machine. Thoughts go in your head, get stuck and keep going around and around." —Megan Flynn (via The Mighty)	Thought--->anxiety--->compulsion--->thought--->anxiety--->somatic symptoms--->thoughts about somatic symptoms--->more anxiety--->more thoughts-->more compulsions--->thoughts about previous thoughts--->trigger--->anxiety--->avoidance--->even more thoughts--->unexplainable terrible feelings--->thoughts about terrible feelings... (repeat every minute, accompanied by depression)
#190	"When we are more excited for the next step, we are more willing to get rid of clutter." —Sabrina Quairolì	Letting go of the old and familiar becomes easier when we realize that we have more to look forward to in the new.
#191	"It doesn't matter who said it's too late for you. You aren't on anyone's schedule but God's." —TobyMac	
#192	"Clutter is not just physical stuff. It's old ideas, toxic relationships, and bad habits. Clutter is anything that does not support your better self." —Eleanor Brown	Mental clutter (and mental hoarding) is something all too familiar for me. What kinds of "mental baggage" are you holding onto?
#193	"Celebrate your own victories, because no one else understands what it took to accomplish them." —Simple Reminders	
#194	"Bravery is not fearlessness. So no need to be so hard on yourself when your fears and apprehensions come up. It's feeling the fear that makes you brave. You keep going despite how bad you feel. That's the hero in you darling. Keep doing your thing." —S. C. Lourie	

#195	"Trauma is anything that overwhelms the brain's ability to cope." —Unknown	Any event that overwhelms a person's ability to cope (no matter your feelings about it) can be a precursor to Post-Traumatic Stress Disorder (PTSD) or another anxiety-related disorder. Every person is unique, and therefore every person responds to traumatic events and life stressors differently.
#196	"We may define therapy as a search for value." —Abraham Maslow	The goal of therapy is to overcome the obstacles preventing you from realizing your full value and potential.
#197	"Maturity is the capacity to endure uncertainty." —John Huston Finley	Maturity comes in many forms: physical, legal, intellectual, emotional, sexual, spiritual, and many more. However, they all require two things: change and experience. Change always brings uncertainty, and experiencing and enduring uncertainty builds maturity.
#198	"All behavioral or mood disorders—including depression, OCD, ADHD, and addiction—have some neurochemical components, but sufferers can still work to overcome them." —Jeffrey Kluger	Recovery takes persistent focus and effort, but it is possible.
#199	"It takes great courage to admit you're feeling broken or to seek help." —To Write Love On Her Arms	Reaching out is not a sign of weakness, but rather a sign of courage and determination to get well.
#200	"Do you want to get well?" —Jesus in John 5:6	Mental illness is hard. Recovery is harder. Sometimes it is legitimately easier and more comforting to remain stuck in the same old cycle of fear and despair than it is to feel the pain and uncertainty of moving forward. I know because this is how I have felt for the past couple of years. Until now. Facing mental illness requires a willingness to feel terrible things, to feel them persistently, and to experience them without judgement or trying to change or avoid them. It requires that you reach a point at which you WANT to get WELL more than you want to feel safe. Of course no one wants to be suffering, but the real question is, what are you willing to chance to end that suffering? Are you willing to do YOUR part, to do whatever it takes, despite the risk? Because your life and your future are worth infinitely more than that risk. You are worth more than any pain or any obstacle you might encounter. You are worth getting well.
#201	"Sometimes you just need to talk about something—not to get sympathy or help, but just to kill its power by allowing the truth of things to hit the air." —Karen Salmansohn	Everyone expresses their pain in different ways. Some confide in trusted friends, others with total strangers. Some process their thoughts and emotions in writing that no one else will see or prayers that only God will hear, while others share their written and spoken art with the hope of inspiring others. No matter how we may choose to express our troubling thoughts and feelings, the most important thing is that we acknowledge them so that the truth (or lies) behind them can be brought out into the light.

#202	"Strength shows not only in the ability to persist, but the ability to start over." —Unknown	Persistence is essential to recovery, but setbacks and failures are inevitable. Never be discouraged from taking a step back, evaluating, and starting over fresh when necessary.
#203	"You are so brave and quiet I forget you are suffering." —Ernest Hemingway	
#204	"You didn't come this far to only come this far." —Unknown	
#205	"Opportunity is often delivered in a fog of uncertainty." —Unknown	Beyond the mist, beauty awaits.
#206	"Relapse is a part of recovery. Don't beat yourself up about it. What matters now is if you let it destroy you, or strengthen you." —Unknown	It's never too late to start again.
#207	"Don't wait for everything to be perfect before you decide to enjoy your life." —Joyce Meyer	If you've been putting off things that are enjoyable or meaningful to you until everything feels right or all of the broken pieces of your life have fallen into place: that will never happen. Life will never be perfect, but life can be great. The time to enjoy life is now, so take the first step and choose one small enjoyable thing to do today.
#208	"Don't miss out on something that could be amazing just because it could also be difficult." —TobyMac	Like recovery, most amazing outcomes are difficult to achieve. Growth is a result of change, and change often causes pain. But the amazing things to come in your life are worth more than any challenge you might encounter and more powerful than any uncertainty or pain you may experience. So when you feel like you just can't, remember that you can. And even if you don't believe it, commit to taking a step forward anyway and prepare to be amazed.
#209	"You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared, or anxious. Having feelings doesn't make you a 'negative person.' It makes you human." —Lori Deschene	All of your feelings are valid and worthy of others' respect. You should never have to hide how you really feel from people who truly care about you. While not everyone will understand or agree with you, you will only find people who do when you express yourself as you truly are.
#210	"You wake up every morning to fight the same demons that left you so tired the night before, and that, my love, is bravery." —Unknown	If all you did was choose to wake up today, that is brave. You are brave. Don't let anyone ever tell you otherwise.
#211	"I'm thankful for my struggle because without it I wouldn't have stumbled across my strength." —Alex Elle	Isn't it remarkable how much our struggles can change and grow who we are as a person? Sometimes by experiencing something incredibly painful we develop strengths and a purpose in life we never could have imagined before.

#212	"Motivation is what gets you started; habit is what keeps you going." —Unknown	True for all things, no matter what path you're on. It takes a lot of motivation and hard work to change unhealthy habits and to build new ones, but no matter how far down the path you are, it is never too late to turn around.
#213	"The first step towards getting somewhere is to decide that you are not going to stay where you are." —Unknown	Sounds easy enough, but it's not. Letting go of the familiarity of your present situation, no matter how painful it may be, often requires embracing a new kind of discomfort you may have seldom felt before: the uncertainty of truly living. The first, ongoing, and often most difficult step is resolving that you won't stay where you are.
#214	"In any given moment, we have two options: to step forward into growth or to step back into safety." —Abraham Maslow	Growth happens when we take a risk by stepping forward out of our comfort zones and into the unknown.
#215	"Lord, lead me because I can't do this alone." —Unknown	We were never meant to do this on our own. Hope and help are always available to give, and to receive.
#216	"You can choose to be brave today." —To Write Love on Her Arms	Yes you can, yes you will, and yes you have.
#217	"The real difficulty is to overcome how you think about yourself." —Maya Angelou	At times, we are our own harshest critic. It can be difficult sometimes to love and respect yourself when you have a mental health condition. Often society makes you feel like you aren't enough, or your own longing for something better makes you hate the way you are right now. It will get better, but until then, who you are today is enough. Don't let anyone, even yourself, tell you otherwise.
#218	"It is up to you to see the beauty of everyday things." —Unknown	In our world of constant chaos and looming problems, it can be hard to appreciate the wonder of life's everyday details. Take some time today to stop notice the goodness of the small things.
#219	"You can, you should, and if you're brave enough to start, you will." —Stephen King	Remember, you are braver than you think.
#220	"Sometimes the scariest thing isn't what I'm struggling with. It's what people will think about who I am and how they'll treat me as a result." —Unknown	
#221	"Challenge the lies you've told yourself." —To Write Love on Her Arms	You are worth more.
#222	"I think you always need to try your best, but at the same time you can only do what you can do. Don't beat yourself up about it." —Heidi Klum	

#223	"Hope is faith waiting for tomorrow." —John Ortberg, Know Doubt	True hope can be defined as the future tense of faith: a confident belief in an uncertain thing, with the expectation it will happen in the future. With faith, we trust in someone or something; with hope, we wait longingly for someone or something. Both require that we find meaning in an uncertain world.
#224	"Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine." —Elizabeth Chase	Mental illness is real. But so is hope.
#225	"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up." —Anne Lamott	
#226	"Remember, hope is a good thing, maybe the best of things, and no good thing ever dies." —Stephen King, The Shawshank Redemption	Even in the most dismal of circumstances, there is still hope.
#227	"I have always believed that hope is that stubborn thing inside us that insists, despite all the evidence to the contrary, that something better awaits us so long as we have the courage to keep reaching, to keep working, to keep fighting." —Barack Obama, 2012 victory speech	Sorry about the interruption in #HopeWeek last week. I was in Washington, DC on vacation and attending the International OCD Conference, and I ran out of time to schedule the last three hope quotes. Day 5 is Barack Obama's definition of hope from his victory speech in 2012. I believe that this hope still exists today. Do you?
#228	"My hope is that God will have changed people's lives through me for the better." —Joyce Meyer	I hope.
#229	"Real hope is not merely wishful thinking or a primitive survival instinct. Real hope is not an irrational method of coping with adversity or the unknown. It is faith that something exists beyond what we can see and comprehend at the moment, and confidence in its potential to be good. Real hope exists, and it exists in you." —Inspiration to Overcome	
