

After spending much of my working life teaching people how to stop thinking unhelpful thoughts, I retired from the NHS in 2011....

Just A Thought

You're over-thinking
Everyone says you do
Think it over is it true?
I thought I was just thinking it through
A thought is just a thought....

Well I thought so
Until you said I was over-thinking
Now I'm not so sure
Have to think about it a little more

I thought I was just working things out
Now my head's in a bit of a shout
Perhaps I am over-thinking
Come to think of it, could be true....
What can you do?

Someone told me once to let thoughts be
So yes I do and this is where it leaves me

Over-thinking? Nah! Not me
Right now I'm so over thinking I haven't a clue
There's nothing you can do with thoughts
Except... perhaps.... make a stew?!

I'll take this dumpling worry, this onion fear
Carrot comparison and broccoli tear
Mmmm! Flavour taste and nutrition all ammunition for the mind
With a touch of compassion just to be kind

You may ponder and you may wonder
What will he do now he's over the hill and making stew?
Well it's a good question ~ think it through
Can you get over thinking by over-thinking?

Just a thought!