

*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!