

# Common Factors In Psychotherapy

**Puja Mehta**

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chaos it s more about peace of mind 1  
of 12

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there is a way to quiet our minds and it  
s not through wishing our bad thoughts  
away or finding something to be  
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present focused on

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web a quiet mind is something that i rest in most of the time i m human so i

still have my moments of disturbance but these are few and don t last long when they do occur knowing that a quiet mind is my default state i don t need to work to find it

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web oct 29 2019 attempting to quiet your mind for silent meditation can be like trying to fight the waves close to shore the nature of your mind is to produce thought like the ocean it has its own rhythm and flow it should be respected not feared or fought against in meditation it s pointless to become angry and frustrated when the mind persists with