

The Power of the God Box in Overcoming Overthinking and Obsessions

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Author Note

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Abstract

A God Box is a container that enables an individual to overcome their problems. Using a God Box starts with writing the cause of a predicament and submitting it to the God Box hoping to move past that problem. Typical problems that a God Box can help an individual overcome include (a) a partner's alcoholism, (b) family members' challenges, (c) financial hurdles, (d) marital challenges, and (e) addiction to substances; its versatile nature allows for adaptation to a wide range of personal concerns and life circumstances. Emotional healing through a God Box follows a deliberate decision to let go of overthinking and obsession with the aim of replacing it with better experiences. Letting go means ceding control of obsessions and overthinking to one's Higher Power as individuals entrust their worries and struggles to this spiritual connection, relinquishing control and inviting divine guidance for resolution. Using a God Box is an indication of a departure from those issues that occupy the mind; it is a shift in one's emotional perception about the problems of obsession and overthinking.

Keywords: letting go, overthinking, obsession, positive psychology, God box