

# "Choice" and "Avoidance"

Post by "Kalosyni" of February 28, 2026 at 12:21 PM

## [Quote from DaveT](#)

Certainly the small things that happen every day add up. Like negative thinking, and who among us has the skill set to analyze our daily lives in an ongoing manner to address and reduce negative thinking or on the physical side, over eating, much less reducing physical pain or discomfort? Perhaps my examples are poor ones, and they certainly are not meant to be exclusive.

It is a skill set that we learn over time, and get better at through continued practice.