

### Chapter 1 : BIBLE VERSES ABOUT CONFUSED

*So. You landed here because you're feeling lost and confused, and you'd like some concrete help with shifting and transforming that. Since , I've helped more than a few people with that feeling of "lost and confused," helping them to shift from confused, to clarity.*

They somehow already know what you truly want. Everything else is secondary. I can remember exactly how heavy that felt. I was literally questioning everything and my mind would just run endlessly. I was confused and my worries about the future and how things would play out totally overshadowed the day I was experiencing. But, as awful as some of those days felt, they left me with an important takeaway message – which is that as long as you are following your heart and intuition, then you are moving in the right direction and everything will ultimately work out. If I had realized this just a little earlier in life, I would have had such an easier time with every single one of those experiences. But, you live and learn – right? And, now that I get it, I am all about applying that truth to my life every single time any uncertainty arises. And, then you must focus your attention to where it always should be – the day in front of you and living it in the absolute best way you can. If you do that and trust yourself, you will find that light at the end of the tunnel. The Possibility of Today: Choose to overshadow any worries or uncertainty. Let them rise to the surface, but then continually remind yourself that everything will work out. Create the good habit of focusing on what you know deep down – everything really will unfold perfectly. Shift your attention to today and focus on really living and experiencing it in the best way you can. Move through the day intentionally and thoughtfully. Be very aware of how you are feeling and find your way to being in the best mood. Continue to ask yourself questions. Patiently wait for any answers or direction you are looking for, but make sure you are taking steps forward today by living it in the best way possible. Always remember that the way you create the future you want, is by living today in the best way you can. Live Today Better than Yesterday.

### Chapter 2 : Confused | Definition of Confused by Merriam-Webster

*If I were to pit the knowing voice that arose from the confusion against the confused voice, the knowing voice would be like me after eight hours of sleep and a good breakfast, and the confused voice would be like me with no sleep and a shot of tequila.*

January 8, Are you in a state of confusion? Are you having sleepless nights over making the right decision or about where your life is heading? Is your confusion causing you to feel anxious, helpless and desperate? Fear not, there is a simple way out of confusion and it will put your mind at absolute rest. Confusion arises when your mind is trying to figure out the perfect solution to a situation and it is unable to do so because it sees a negative in every possible outcome. What if I get rejected? What if everyone laughs at me? What if I fail? So on and so forth. Ultimately you feel drained, depressed and anxious losing your appetite and having sleepless nights. Only a very small percentage of humans live a life free of confusion. If you, like most humans, live your life dictated by mind activity then you are bound to feel confused very often. Why is the Mind Always Confused? It usually consists of stored up data of the past and its interpretations. All perspectives towards the end are just one of the many perspectives possible for a given situation – no perspective is ultimately accurate or truthful. You can identify with these pointers on why the mind is always confused: When you live by your mind you live in the world of perceptions, no perception is the ultimate truth. The future can never be known on the basis of the past, it can be predicted but no prediction is ever going to define reality. Life is ultimately uncertain, the mind always seeks certainty and hence the conflict and confusion. All directions ultimately merge into a path of learning. So you can see that if you live by the mind you are forever bound to confusion, no matter how many self-improvements seminars you attend! Life will always be a mystery, just embrace it. Stop Thinking and Get into Stillness This might sound counter-intuitive but it is still the best thing you can do in this situation. Ideas flow to you when your mind is still. The mind keeps recycling stale thoughts without giving room for fresh new ones. Just for a few seconds, stop thinking and focus your attention of your breath. Feel yourself breath in and breath out. If that feels good, continue this focus for as long as you want. As you divert your attention from the thoughts to your breath, the thoughts begin to slow down, the mind settles down and you get into stillness. This is best done during the night hours when there is not too much distraction around. Practice stillness and know that life will guide you towards making the right decision. Ground Yourself in the Present Moment Realize deeply that the present moment is all you have. The mind always keeps making plans for the future but the fact remains that the future cannot be predicted. Instead bring your attention to the present moment. There is great wisdom and power in the present moment that you miss out on when you are focused on the future. The best way to get into the present moment is to use the stillness exercise described above. There is a simplicity in just acknowledging the present moment and staying in it instead of wanting to get to the future all the time. Feel the Fear Behind Your Confusion Wherever this is confusion, there is this underlying element of fear and insecurity. Be willing to acknowledge this fear. Is it a fear of being wronged? Is it a fear of losing freedom? Is it a fear of being ridiculed? Is it a fear of failure? As the fear arises, consciously feel the energy in your body that this fear generates. When we feel our emotions consciously they start to lose their grip on us and we start to open up more. You will be able to think from a neutral place rather than a place of fear. You are afraid of failing. Everything is just pure experience. Only the conditioned mind labels an experience as failure or success. In-fact there is a seed of growth and learning in every experience we encounter that helps us grow and become more wise. But we know this is untrue. No one truly understands life. How and why some things happen is beyond our reasoning and control. Relax and go with the flow. Have trust that life will see you through. Know that the intelligence of life is going to guide you at all times. Know that life has already equipped you with all the resources to live the life you are meant to live. Realize That No Decision is a Bad Decision When life pushes you to make a decision, it is pushing you towards valuable life lessons. Every experience your decision makes you live is an experience in growth and you will look back and thank the experience later. Stay Free of the Mind If not always, at least for a few hours everyday. You will be surprised to find that you can easily be independent of your mind. You are the

## DOWNLOAD PDF WHEN IM CONFUSED?

awareness in which the mind operates, not the other way around. All your confusion ultimately will amount to nothing because life will take its course in the end.

### Chapter 3 : How to Find Clarity When You're Confused About What to Do

*Hawkeye Sings About His Super Powers (Ed Sheeran "Thinking Out Loud" Parody) - Duration: The Tonight Show Starring Jimmy Fallon Recommended for you.*

Zachary Zane a Brooklyn-based freelance writer, speaker, and activist whose work focuses on bi sexuality, gender, identity politics, relationships, and culture. Are You Sexually Confused By the end, I knew it was a valid sexuality, but still, something was holding me back. The label seemed more daunting than identifying as gay or frankly anything else. Deep down, I knew this. Not even that far down. He felt comfortable stating it so bluntly, as opposed to letting me come to the epiphany on my own volition, because my sexual identity realization was right on the surface, bursting to get out. I just needed a little push. So he gave me one. I had complicated my sexuality for years. Labeling myself as both straight and gay. Then not doing labels at all. I told myself I just love the attention from gay men. I convinced myself I love gay culture and wanted so desperately to be a part of it that I was sleeping with men without actually being queer. I told myself I was just drunk and horny. I told myself many things -- except that I was bisexual. Additionally, the only bi men I met in college came out as gay shortly after. Sexuality is confusing as all hell. Straight, gay, bisexual, pansexual, asexual, transgender, genderqueer, agender, demisexual, omnisexual, polysexual, heteroflexible, sapiosexual, homoflexible, the list goes on and on. Even with all the labels out there, there are still many of us who feel as if we defy labels. Even before children are born, parents are deciding which color clothing to buy for the baby and which toys to get them. Of course, blue is for boys and pink is for girls, just like trucks are for boys and dolls for girls. I know that some parts of our sexuality we may never know fully. Some parts will constantly be in flux. Some parts of our sexual identity will forever remain elusive and ineffable. The few things in our complicated lives that have clarity, ground us. They keep us sane. I could have easily kept doing what I was doing. Not labeling or relabeling myself on a weekly basis. But once I was able to recognize my fear of labeling for what it was, fear and not confusion, I was able to approach my fears head-on and eventually overcome some of them. I cannot tell you how much happier I am for it. Over "what I am. I was too anxious. Too focused on myself to care for someone else the way I should. Once I admitted to myself I was bi, and labeled myself as such, I was able to tackle my biggest fear, which I realized was not being straight or gay. Feeling like an outsider from both communities. My fear was based in reality. Biphobia is very much real. So the question is no longer: What about your sexuality scares you? How do you overcome it to become happier with you are?

### Chapter 4 : Are You Sexually Confused or Scared? | HuffPost

*I would like to know when do you use i'm confuse and i'm confused. Do you say i'm confused, even though i'm still unsure about the situation or answer that i was given?*

You have much more clarity than you think. Re-read that last line again. You have a lot more clarity than you think. You see, clarity is what you are. Confusing thought is there in spades. Being lost in your own personal thought is what produces the feeling of confusion. Nope, not in the least. Real as it seems, the confusion is an illusion. You nearly always know what you want to do—but you have too much thinking about it all to just go with what you deep-down know. For example, I have a ton of thinking about leaving my kids for a few days. I mean a ton. My separation anxiety is unenlightened to epic proportions. I can very easily rattle off a dozen or more reasons to not travel without them, even for very short trips. But just a tiny bit more than that, I knew I had to do it. And so I told my husband about the opportunity. As soon as I told him, he told me to stop being ridiculous and book the trip. Clarity Although it still seems wrong on many levels, I booked the trip because something deeper and calmer tells me that the wrongness is narrow and subjective. My current, in this moment thinking—and nothing else—is why I feel the way I feel now. I want to be very clear about how that something else looked, felt, and sounded. It was not an overwhelming feeling of conviction, and it certainly did not erase all my doubts and fears. The doubts and fears were—and are—still spinning. If I were to pit the knowing voice that arose from the confusion against the confused voice, the knowing voice would be like me after eight hours of sleep and a good breakfast, and the confused voice would be like me with no sleep and a shot of tequila. The former just feels a little more trustworthy, a little sounder, and a little more grounded. The latter is louder, more repetitive, and maybe even a little more passionate, but it lacks substance. I get the very clear sense that I might be better served by the former. Well, that and the fact that I know enough to recognize insecure, personal thinking by now. I recognize the merry-go-round. And I definitely recognize the fast-talking, passionate-sounding voice that feels like me with no sleep and a little mind-altering substance. They sometimes come back and rev back up, but then they simply die down again. And when they finally die down enough—which tends to happen faster the more I stand back and let them do their thing—that knowing voice is still there. There are ways I can think about it that make me break out in a rash. When my mind creates images of my kids feeling abandoned, or when it creates feelings of those four-and-a-half days being the slowest. But those images and feelings always fade at some point and I stop suffering. There are also moments when my mind creates totally different images and feelings, and I feel enthusiastic and eager to go on the trip. What has become very clear is that there are multiple versions of reality available to me at any given time. Luckily, I know that. How crazy is that? So, knowing that my suffering is only due to my current-moment version of reality helps a lot. The more you learn to recognize your own knowing voice and distinguish it from the loud, repetitive, flip-flopping doubts, the more you naturally cut through what looks like confusion and simply do what you already know to do.

### Chapter 5 : I am Confused About My Life | Ask the Therapist

*Hi Guest! I've added a brand new "Night Mode" option to our site design. I'd greatly appreciate your vote on this poll here.. To switch to night mode (or back to light/default theme) simply scroll all the way down to the footer and click on the style chooser.*

After years of having been in a steady relationship, I suddenly found myself single and bombarded by d-bag after d-bag; each of whom I seemed to fall for. To say that I was lost would be an understatement. I quit my job, applied for a year-long foreign work visa, and bought a one-way plane ticket to Australia. In January of , I left the country without an inkling of a plan. And perhaps the more that you learn to rest in this uncertainty, the closer you end up to those answers you were seeking in the first place. The first question is simply this: As humans, we have a strange compulsion to figure everything out and to turn unpredictability into certainty. I wanted the answers to come to me like a flash of lightning. I wanted to know who the heck I was. But why this strange compulsion to know, to be certain? What would happen if I just stopped needing to know all the answers? I asked myself this question and the only answer I could think of was this: I thought about it for a few minutes more and came up with a few more blurbs: Yes; I said Myspace. The second question to ask yourself is this: Is it even possible to have it all figured out? Does such a thing even exist? But just as I had done before, I gave myself permission to feel this way. I learned to rest in the open-ended question that is life and to let myself steep in the mystery and the wonder of it all. Above all, I learned to trust. Three years after my return home, I still rest in that open-ended question. I wonder if I am meant to live in this house or to travel the world; I wonder if I will ever find the right person or the right job or if such a thing even exists. I still have no effing clue where my life is headed. But at the same time, I have things figured out more than I ever have before. When people ask me about my hobbies and my passions, they are no longer greeted with the blank stare of a girl who spends all her free time at the bars. Instead, my answer is simple: I love to create; I love to write; I love the strange feeling of connecting to people through something as simple as words on a page. Every day I am crumbling more apart and yet falling more together all at the same time.

### Chapter 6 : Why It's OK to be Lost And Confused | The Unlost

*This feature is not available right now. Please try again later.*

### Chapter 7 : Confuse And Confused?

*Appreciate what you have and what your family provides for you. If you are an adult, or when you become an adult you have a responsibility to provide for yourself. Figure out a way to do that in a manner that you can enjoy or at least.*

### Chapter 8 : I'm confused by/with/on/over statistics | WordReference Forums

*There are several reasons you could be confused about how to pray. Lorita Boyle, Urbana 06 prayer coordinator says, "I try to discern if the root of my confusion is in me, or if I'm confused about who God is."*

### Chapter 9 : Confused Quotes - BrainyQuote

*Confused Quotes Quotes tagged as "confused" (showing of 96) "I am both happy and sad at the same time, and I'm still trying to figure out how that could be."*