

Secrets to Breaking Your Frustrating Discouragement Spirals

For so long, I would respond to discouragement with emotional spirals, where they became unproductive times of victim thinking and pity. Meanwhile, I would just remain stuck. Yet in learning to love myself, I discovered the power of loving myself through the pain and into what is possible.

For more help, get your copy of *God Loves Me and I Love Myself!* {[eo](#)}

Mark DeJesus has served as an experienced communicator since the 1990s. As a teacher, author, coach and radio host, Mark is deeply passionate about awakening hearts and equipping people towards transformational living. His message involves getting to the core hindrances that contribute to the breakdown of our relationships, our health and our day-to-day peace. He is well-versed on struggles that originate within our thoughts. Through his own personal transformation, Mark is experienced in helping people overcome and live fruitful lives. He is the author of five books and hundreds of teachings. He hosts a weekly radio podcast show called "Transformed You" and blogs at [www.mdejesus.com](#). His writings have been featured on sites like [www.motivation360.com](#).

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