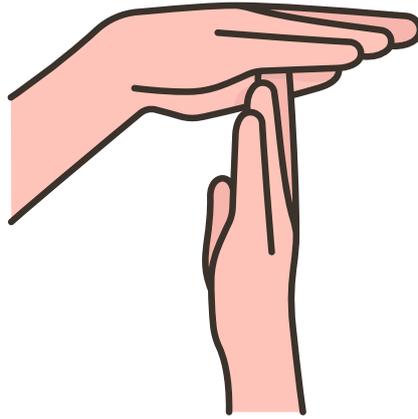


Mindeln Self-Therapy Guide



“Pause. You do exist.”

Maybe you feel overwhelmed by the chaos, uncertainty, too much responsibility, and unresolved trauma. These are the words we need to hear in the modern world. Amidst all this, you need to pause and be aware of your own existence.

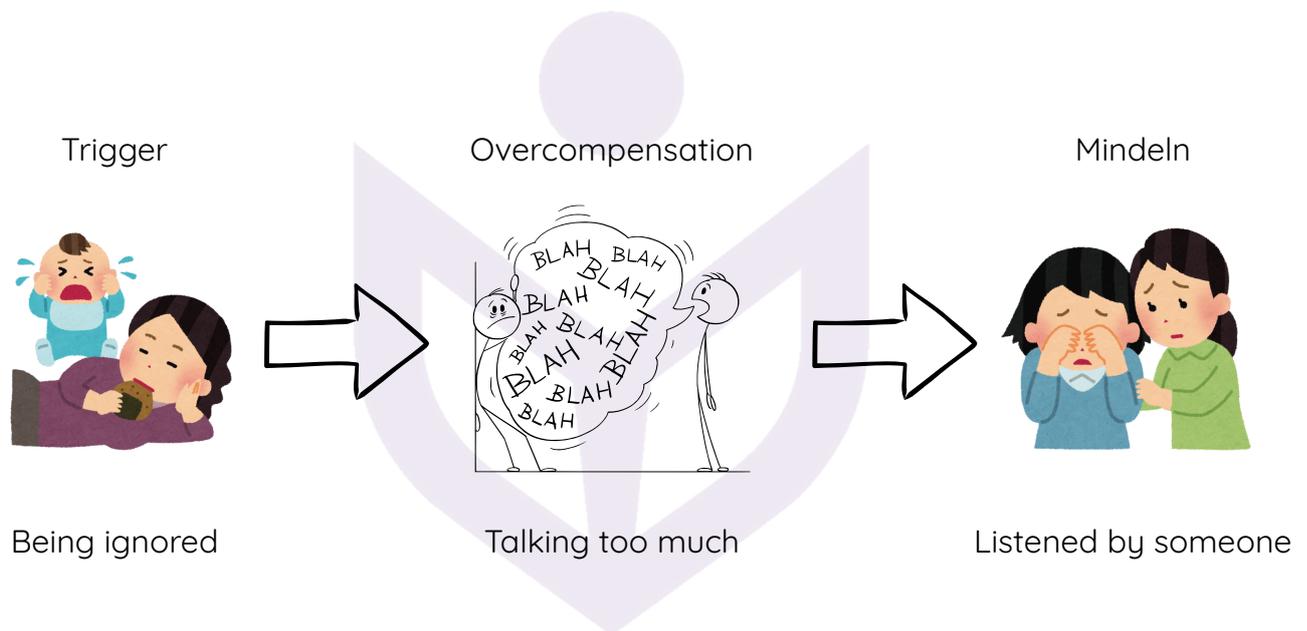
I don't want anyone to die with unresolved childhood trauma and an un-lived life. This is my heartfelt message for those who struggle with life and have a sincere desire to go beyond their struggles.

Burak Aktaş

We are all humans.

To resolve what has remained unsettled until now, we must acquire practical knowledge of human psychology.

We all share similar patterns both in how we experience long-term psychological struggles and in how we mindeln (resolve) them."



This is a universal experience. Most of us simply developed ineffective ways to compensate for what we've been through.

Some of us gave up in resignation, while others fought hard but couldn't quite reach the finish line. Only a small fraction of us have truly 'mindelnd' it, though, in reality, every one of us has made progress, little by little.

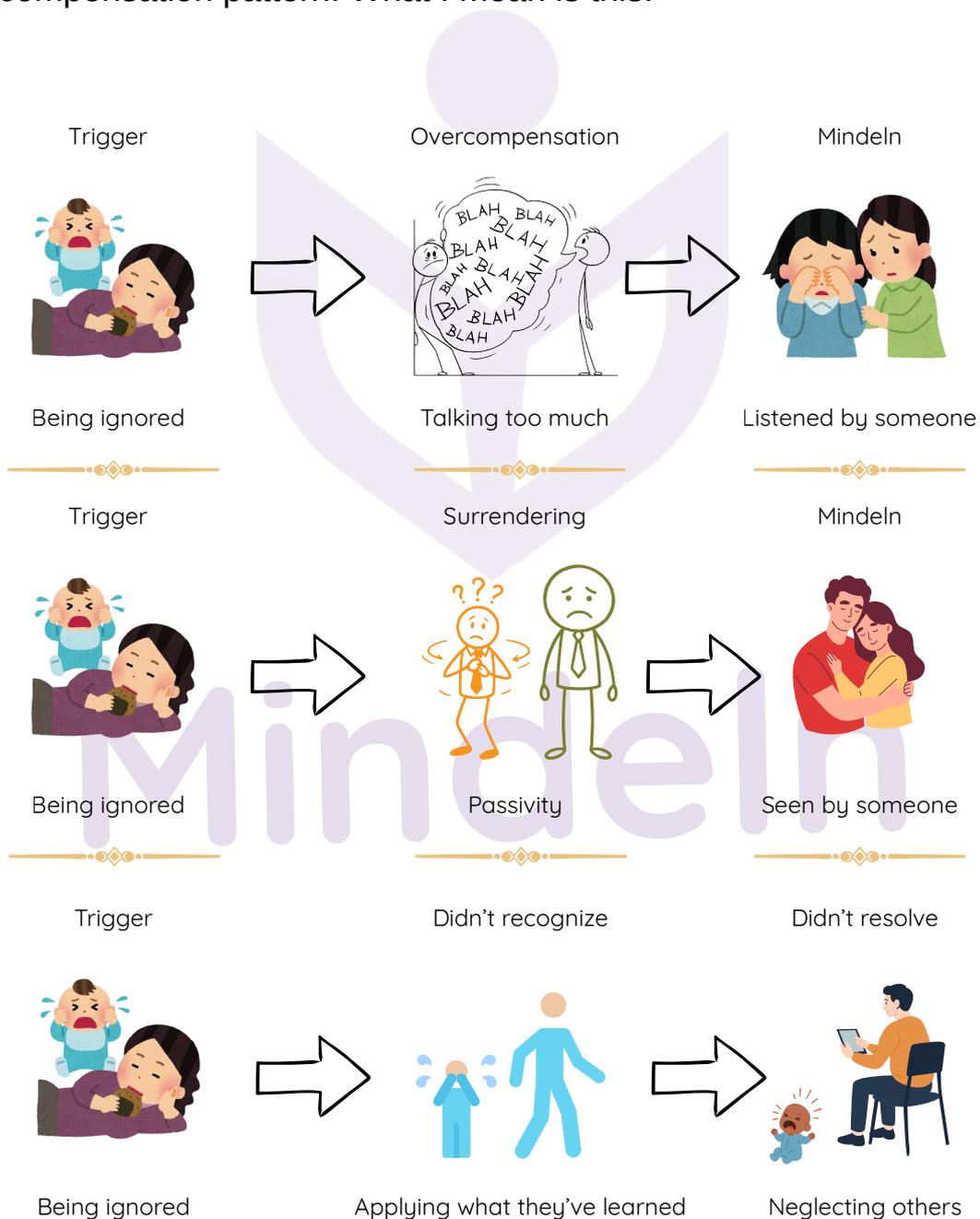
I am proud of your sincere effort.

Recognition

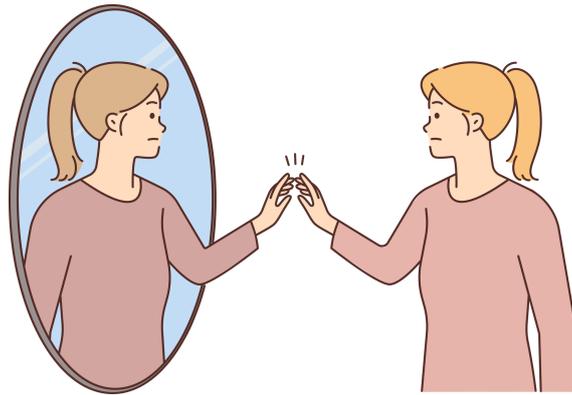
Everything starts with recognition: You exist.

What we must understand is that people act in a way they believe is 'good' at least for themselves. I encourage you to recognize this. Your angry teacher, the humiliating doctor, or even a cheating partner; they all have their reasons. We have mapped these underlying reasons **within the Mindeln app**.

However, I want you to realize that a specific trigger does not always lead to the same compensation pattern. What I mean is this:



Cognitive Behavioral Therapy



Unlike every other app, I didn't build Mindeln first. It built me first.

Mindeln is the result of my own awakening. It was my self-therapy. Through this process, I transformed my anger, reshaped how I experience love, refined my commitment to radical honesty, and overcame deep-seated anxiety.

I was later surprised and incredibly relieved to discover that my personal growth journey aligned perfectly with Cognitive Behavioral Therapy (CBT). It turns out, the path I took is a proven scientific school of thought. The core principles of CBT are simple yet life-changing:

- Psychological struggles often stem from faulty thinking patterns and learned, unhelpful behaviors.
- By mastering more effective ways of thinking and acting, we can navigate life's challenges and fundamentally improve our reality.

Knowing that these patterns are not permanent is a game-changer. You are not stuck; you are improvable.

Look Inside

Human evolution is purposeful. Even depression, when it is not a chronic condition, serves a function. According to the analytical rumination hypothesis, it forces us to slow down and analyze what is going wrong in our lives. It gives us the space to pause and actually process our emotions.

Emotions are signals. They notify us that something good or bad has happened. For instance, anger often signals that one of your core values has been violated.

Too often, we grow accustomed to these emotions and stop looking inward. We ignore them. But it's not just others who ignore us; we often neglect ourselves. Yet, there is always a vulnerable part of you that wants to grow stronger, a part that holds onto hope. The fact that you are still reading this, putting in this sincere effort, proves that this hope exists within you.

I encourage you to look inside. At your own pace, engage with these parts of yourself. Ask them, 'What is happening? How did we get here?' > Approach this with the tools of cognitive behavioral therapy. You don't need to be overly dramatic or angry; simply experience your emotions calmly. We have all made mistakes. I have, and you have too. **But we have the right to change our future even when we feel we don't.**

Mindeln



You Have the Power

The solution mostly comes after these.

- Changing thinking patterns: recognizing and correcting distorted thoughts, understanding others better, improving problem-solving, and building self-confidence.
- Changing behavioral patterns: facing fears, practicing interactions through role play, and learning relaxation and mindfulness techniques.

I've cried, thought, and written about the things around me lots of days in a row. I admit, these days were pretty painful. But you know what's more painful? Letting them stay there lifelong.

Mindeln tries to avoid this lifelong pain and let you develop an understanding of your and others' psychological states. It gives humanity hope that they can change in a way that is better.

Sometimes a solution needs a breakup from a group, even from your family, because they shape you in a way that gives you pain.

Sometimes it needs walking through the uncertainty because it's the only hope for change.

Sometimes you trust someone even if you couldn't trust anyone before that.

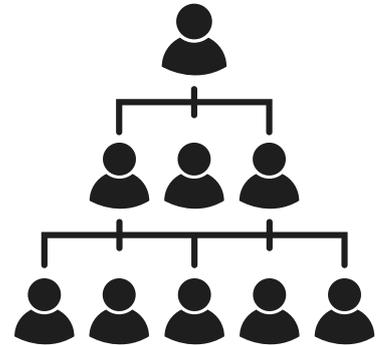
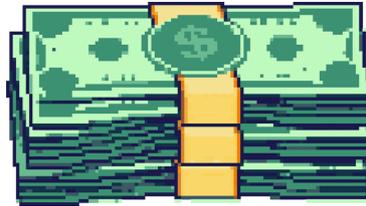
Sometimes it needs you to break your ego for a moment and embrace sincerity.

Sometimes you need to say "I am sorry" or need to ask for your rights!

Even if you define yourself as a weak person, maybe this is the first thing that you need to prove yourself that was a wrong definition.

Our environment put mostly wrong definitions on us. We need to show that they are wrong. It's a pretty hard change; it sometimes takes a few years with small improvements, and then it happens in six months. For me, it still worth it.

Inevitable Outside



Our environment people, money, and society is the next frontier after internal change.

These external forces have an inevitable impact; they can traumatize us, limit us, or shape who we become. In self-therapy, they are impossible to ignore. While we focus on internal tools, we must acknowledge that our social circle and financial status fundamentally define our quality of life.

For instance, if you are surrounded by untrustworthy people, you will naturally assume the world is a hostile place. Furthermore, the flaws we criticize in others are often the very same ones we possess.

While there is no 'perfect' way to practice self-criticism, its benefits are undeniable. The golden rule is simple: Do not attack yourself; improve yourself. To achieve this, observe the mistakes of those you admire most. They falter more often than you think. Recognizing their humanity prevents you from carrying the weight of unnecessary self-blame.

Finally, we must address the financial factor. Money matters. It removes forced limits and forced limits are the enemies of joy. While being limitless doesn't guarantee happiness, being limited almost certainly guarantees dissatisfaction.

Change what needs to be changed. If it's your patterns, fix your patterns. If it's your finances, build your wealth. If it's your social circle, you already know what you have to do.

Modern psychology has given us the tools to understand what we already feel deep down. Why ignore this knowledge and spend your only life in a hell? I encourage you to respect the science and join us in learning more.

I transformed my patterns, my financial status, and my circle one by one. It took five years of relentless work, starting from when I was 18. Your journey may be longer or shorter, but the timeline doesn't matter as much as the progress.

Looking back, my greatest pride is simply that I stayed on the path. I've been in the dark; I've faced hopelessness and thoughts of self-harm. I once believed that being lonely and unloved was my destiny, and that no one could be trusted. Every single one of those beliefs has changed. I am not lonely. I am lovable. Someone is trustworthy.

Since I discovered there is a way to make life better, this has become my only mantra:

'I don't want anyone to die with their unresolved childhood trauma and an unlive life.'

Thank you for your time and for your sincere effort to prove that we can all do better.



A Personal Invitation to Your Transformation

A Commitment to Your Growth

I built Mindeln to be the guide I wish I had when I was 18. Because you've read this far, I know you are serious about your evolution. I want to make it as easy as possible for you to start this journey today.

Special Offer for New Members: Get full access to all features, patterns, and self-therapy tools with our Yearly Growth Pass.

Regular Price: ~~---\$79 / year---~~

- **Your Exclusive Price: \$39 / year (Save 50%)**

START NOW

My 100% Sincerity Guarantee

This is not another waste-my-time offer. If Mindeln doesn't provide you with real value. If you feel this isn't the right fit for you, I offer a 30-day full refund policy. No questions asked.

To request a refund, simply

- Send a DM to our Instagram [[@mindeln.selftherapy](#)]
- Or email us at hello@mindeln.com



Your journey toward an unlived life ends here. Let's start building your future together.

Burak Aktaş Founder, Mindeln.com