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April 17th, 2020 - these maladaptive metacognitive beliefs and response styles strategies are important in the development and maintenance of many psychological disorders including anxiety depression and obsessions cartwright hatton and wells 1997 wells 2007 wells and cartwright hatton 2004 and may also be involved in insomnia harvey et al 2005 waine et al 2009'

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April 24th, 2020 - from my experience and the experience of others in this discussion here are some tips and general strategies i have piled for overing maladaptive daydreaming 1 identify triggers i have been daydreaming pulsively for so long but i have never really taken the time to fully examine the exact causes of my daydreams'

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