

How do you stop negative thoughts!

The voice in your head isn't you, but "you" are the one observing it. You're not your thoughts & feelings, but the one aware of them. We've learned to create an identity from our thoughts. But "you" can choose to take a momentary pause - and become aware of what you're thinking!

Ask yourself if it's a true thought?

Now, you can decide to think another thought. You can decide to speak differently to yourself. (Here come affirmations into play, lovely phrases that uplift you) Almost all suffering comes from what we choose to listen to and take in!

We often dwell on regret, analyzing the past, or worrying about the future, creating negative feelings we don't desire. But neither the past nor the future exists. Only the present moment exists.

Negative thoughts are a habit, like other physical "bad" habits, that we can carry around. It's not hard to change it, but you have to do the work to change it.

You have to repeat it again and again to "overwrite" the old habits/thoughts and train your awareness.

Every time you have a thought, your brain releases chemistry. If you have a bad/sad or fearful thought, your brain will release a specific type of chemistry that makes you feel bad right away. Your hands get cold. You start sweating. Your muscles tense up. You begin to breathe irregularly - and it all happens immediately.

Every time you think a positive thought, it's a completely different chemistry your brain releases/ triggers. Your hands get warm. Your breathing becomes calmer. Your heart beats in a healthier rhythm - and it all happens immediately here too.

Exercise

When you become aware that you're feeling sad, bad, scared, insecure, etc., write down what you feel & think and ask yourself the following:

1. Is it true?
2. Is it absolutely true?
3. How do I feel when I have that thought?
4. How do I act when I have that thought?

The first step is always becoming aware.

Then you can possibly explore/investigate where the thought is coming from?

1. How would I feel if I didn't have that thought?
2. How would I act if I didn't have that thought?
3. What would I gain from NOT having that thought?

You can write down all the "bad" thoughts filling one column of a piece of paper and on the opposite side, write down everything completely opposite.