

# 7 Steps to Stop Negative Thinking

Getting the life you want can sometimes mean that you will have to deal with thinking that isn't helping you. It's not as hard as it seems though. New habits can be formed quite easily - as soon as we identify what keeps us thinking negatively.

The unconscious mind is programmed to eavesdrop on everything we think say and/or do in order to assist us learn and develop and so it is important we make some changes in the way we talk to ourselves, which is what most of us consider to be thinking. This, in turn, will change the way we feel. After all, *we* give the meanings to all of our feelings and our entire reality is described using language. Of course, emotions like fear and anger do just pop-up (sent by our unconscious mind) - but we still decide what these mean using words.

Also, the unconscious mind maintains instincts, perceptions and habits and sometimes we can get into the 'habit' of this negative or critical talking, thinking and feeling - and this in turn can attract the very things we don't want. As in success, we magnetise to what we think about - even if it's negative. This is why some people may find it hard to lose weight - they're always thinking about it - so the mind believes they must want it!

Many people these days get into the habit (usually learned) of saying who they are. "I'm terrible with names", "I can't resist chocolate", "I'm too old to start again", "I'm always late", and so forth. The unconscious mind views these as instructions not statements and generates behaviour consistent with these instructions.

## **If you think about it, the mind thinks you want it - and it doesn't know the difference between what's real and what's imagined!**

It is known that new habits are formed through repetition, usually over a 5 to 8 week period so it is important we do some work to support ourselves when we want changes.

Briefly, strive for the following.

1. *Never* criticize yourself - you lose power and go into a child state (helpless)  
When I say never criticize yourself, I don't mean that one can do whatever they want without any moral or social filters. If you do something out of order, you were satisfying *some* need. No amount of criticism will either change it or understand it.
2. Always correct negative, critical or disempowering language or thinking by replacing it with an empowering, positive alternative. (see below for techniques)
3. Adjust your physiology accordingly  
Work your body and stand proud - this is more important for depressed states but can help bring you out of negativity. Through studies of eye patterns, we know that feelings and internal dialogue are accessed by looking down. The prospects of things to come and good memories are accessed by looking up.
4. Know that if you don't believe you can achieve it, you won't! But what evidence do you have that you won't? (*Whether you think you can or think you can't, you're probably right* - Henry Ford)
5. Love yourself! If you don't believe you *deserve* to be happy, you won't be!  
Treat yourself as you would someone you love very much. Be supporting, encouraging and supportive. Do little things for yourself
6. Focus on what you want - not what you don't want. The solution rather than the problem.  
The unconscious mind doesn't process negatives directly. If I said to you, don't think of George Bush, I feel certain that something about him, his voice or America popped in. It's how we're wired.

7. If you want to do something successfully, like staying positive, find someone you know who is successful at it and ask them what they do when they feel down or think negatively. Strive to think, feel and act the way they do when they are doing it well (their strategy).

## **Techniques**

- When you say anything critical, negative, limiting or disempowering, make a serious effort to stop yourself before getting out the whole statement and then say something like "cancel/erase/stop – that's how I used to think. I now believe ....." and create a positive empowering alternative. E.G. "I've a really bad memory". Stop! That's how I used to think. I now think that I haven't developed the skill of accessing all the information in my unconscious mind (it remembers everything that's ever happened to you) but I know that if I work with it, every day, little by little, my memory will improve." Truth is, your memory will begin improving the moment you stop saying you have a bad memory, that was merely an example of how to re-instruct your unconscious mind.
- If you find your critical, negative voice is chatting away far too often, wear a hairband around your wrist and give it a snap every time you start to criticize yourself or talk negatively. You'll soon find you'll stop yourself before finishing the statement and they will become less frequent.
- If you find the self criticism continues - and you even start criticizing yourself for not doing the techniques correctly, change the voice into a cartoon voice like Mickey Mouse or Jessica Rabbit. It is difficult to take it seriously in that form.
- If the voice is still bothering you, imagine a giant stereo system and see yourself turning down the volume
- Another technique is to listen to the voice totally impartially - almost step out of yourself. No judgement, assessment or view about what the voice is saying. You'll find that as soon as you *don't* engage with the voice by judging it, (*or criticizing it – which has you criticizing the critic!*) it will lose its power and stop almost immediately.

Well, I hope you've received some benefit from these tips and techniques and they provide you with some new tools and strategies. Of course, it makes sense in areas that matter, to seek out the information or person that can more thoroughly take you through some of these processes.

To your success,  
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