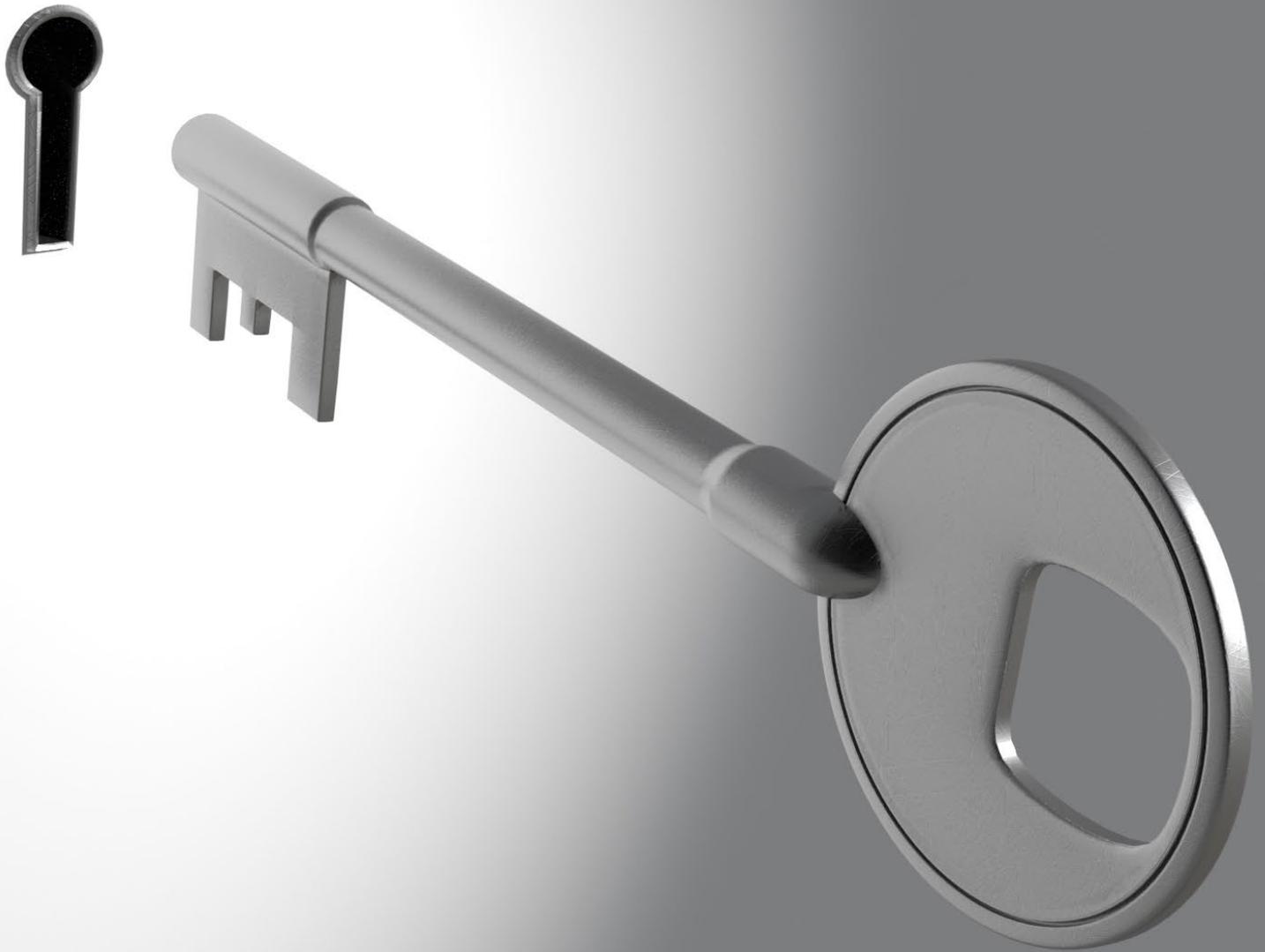


# BREAKING THE CYCLE OF NEGATIVE THINKING



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*Image by Arek Socha (Pixabay)*

# Our thinking is everything – right? YES

What we think, we become. If we repeat a thought over and over again, this will eventually become a belief. The belief will become our truth. We put ourselves at an increased risk of fear, lack and limitation which becomes a self-fulfilling prophecy.

Thoughts can either support us, boost our confidence, set us up for success in every area of our life, OR they can bring us down, destroy our self-confidence and create overwhelm.

This is OUR CHOICE!

May be tough to read but it is 100% truth!

We create our own reality and this is created through our THOUGHTS!



Our thoughts create our emotional responses (even when our autonomic nervous system is triggered for safety) and then we carry out actions and behaviours arising from these.

For example: You are going into a situation of the unknown – not met with these people before, not written a grant before, not presented this information before, the unfamiliar.

What are you thinking?

This is scary, I don't know if I can do this, I always mess these things up, what if they don't believe me, what if... what if... what if...?

These in turn create the sweaty palms, the tightness in the neck and shoulders, the butterflies or sick feeling in the stomach. We are reacting to and FEELING the result of the thoughts.

## *We are creating our own reality.*

We may become hypersensitive to the environment, agitated in body and movements and even snap at people unintentionally. We have created actions and behaviours from the mindset we had around the situation, quite neutral in itself, but we attributed meaning to the situation through our thoughts.

We have between 60,000 and 70,000 thoughts a day. So many options to choose from. And we get to choose the option. No one else makes the choice for us, WE DO!

We get to choose to ignore the positives or focus on the positive. We get to choose when to grab the negatives, ruminate on them, catastrophise them further, grab additional thoughts that back them up, take these thoughts further and further down the black hole, or not.

No one else does.

Yes, as humans we have a negativity bias. We are much more likely to think the worst, to jump to negative conclusions, and to notice the bad stuff. We even tend to make decisions based on the bad stuff – to get away from the negative or pain. This is our natural tendency, but it does NOT have to be our future!

## *The bias towards something means you may pay more attention to it; however, you can turn this around and focus on the positive!*

The problem comes not from having negative thoughts, it is from getting HOOKED on them. We buy into them and treat them like fact. We give them too much air time and attention or we deny they ever existed with an attempt to minimise them.

If we minimise the negative thought or deny it, we only amplify it. This is the same as if I said to you 'do not think of a pink bear, stop thinking of a pink bear, I really do not want you to think of a pink bear'. What are you thinking about?

A pink bear, Yes.

We want to turn the focus around. We can start with moving our body. Stand up, take a few steps, move outside, raise your arms above your head. When we do this, our thought pattern is disrupted. We are not denying the thought, we are allowing our attention and body to refocus. This then enables us to reframe the thought, not minimise it.

Ask yourself: What can help me overcome these negative thoughts? How can I gain different results?

Authentic Leaders don't buy into or attempt to deny negative thoughts. They develop emotional agility. The ability to manage one's emotional state, self-regulate, become self-aware, and develop high levels of psychological capital. This includes having robust amounts of Hope, Efficacy, Resilience and Optimism.

When we address each of these areas, we are happier, healthier (physically, emotionally and mentally), and become wealthier in earning capacity, relationships and connections.

*It all starts with our thoughts.*

So, how do we turn these around from the negative bias to the positive bias? Like any ability and habit...

## **THROUGH CONSISTENT ACTION!**

When you notice a negative thought use this strategy:

### **Step 1 STOP**

Push the stop button or put up a stop sign in your head. Say it to yourself, in your head or even out loud. STOP. Whatever works for you. The key point is to STOP the thought. Make it impactful.

### **Step 2 REFRAME**

Change the thought around. What is the positive you can take out of the situation? Turn the statement around. Go from I can't do this anymore to, how can I work this out? Go from I'm useless at this to, I'm learning new skills in this area.

### **Step 3 RINSE & REPEAT**

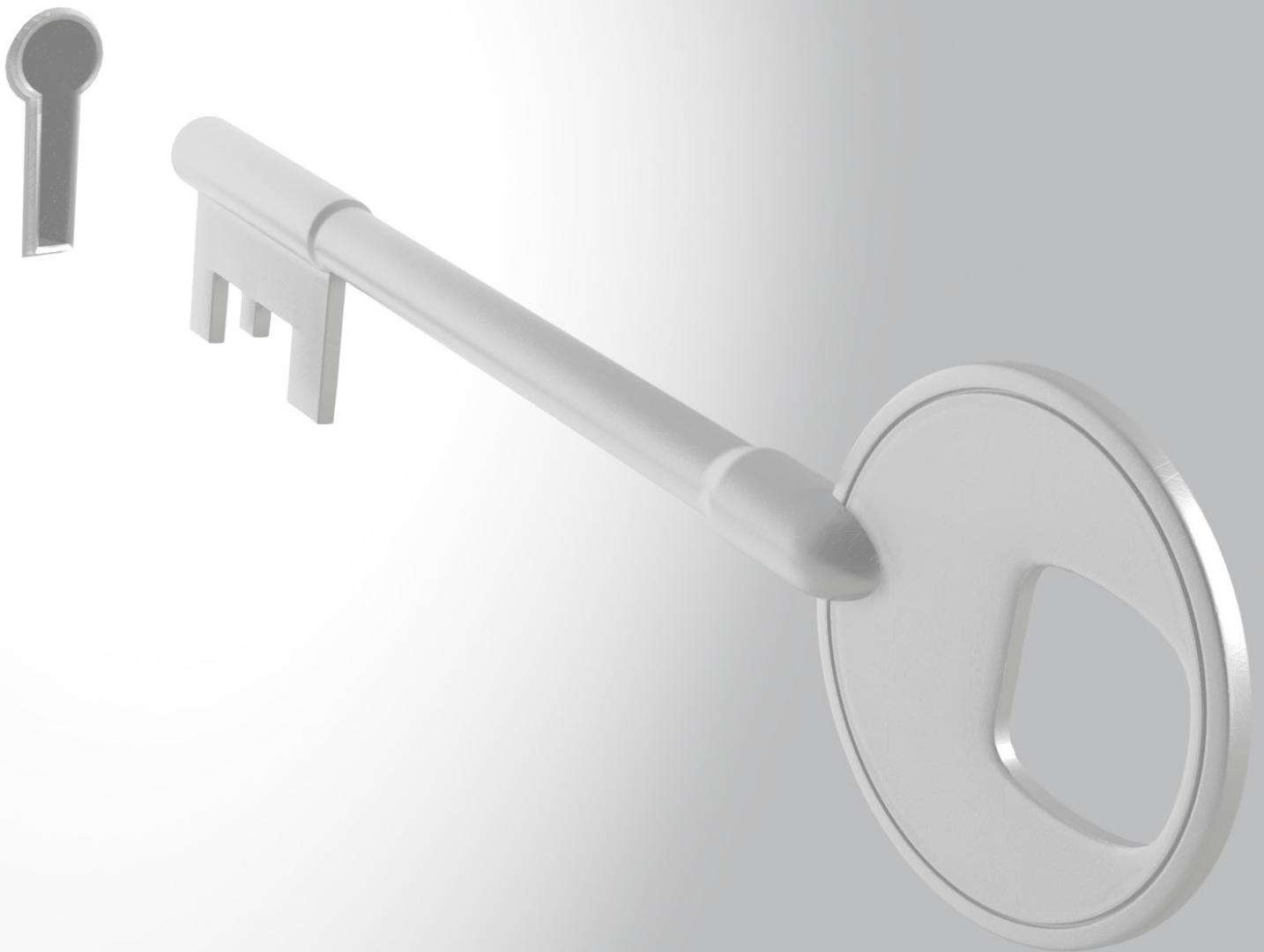
Do it again! Whenever the negative thoughts come up again (and they will) remember to shift your attention AWAY from them and onto the flip side. You CAN do this; this is about practice and habit building.

The results you will gain from this system are decreased stress, reduced errors at work, diminished errors in judgement, more innovation, improved life satisfaction and improved job performance.

The sooner we recognise our negative thought patterns the sooner we are able to stop ourselves heading into the black hole. We need to move physically to a different space, disrupt the thought and be more objective in our approach. We then push the Stop button and take control over our thoughts by choosing a different option. We can then Reframe the situation with a positive thought instead of sitting in a negative state and dwelling on it allowing it to consume our entire mind, body, or day. Then we Rinse and repeat, when it happens again. Because it will. And that is okay!

The key to breaking the cycle of negative thinking is to recognise our thoughts, understand we have a choice in what we focus on, and take consistent action to revolutionise your thought patterns.

***YOU are in charge of your thoughts.***



If you want to find out more about our coaching and training contact us on [info@waltinstitute.com](mailto:info@waltinstitute.com)  
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