



“The Top Three Negative Thought Patterns And How To Deal With Them”

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A free report from



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0. FOREWORD

When I was growing up 90% of the kids at school were sent to Religion classes (read Christian religion). I was part of the 10% whose parents didn't want the kids to grow up within any specific religious belief, thus I had "Ethics" classes.

What I learned was, through those classes and through my family, that the tool to use to go about life is our thoughts - rational, logical thinking.

While on the one hand there are lots of advantages to having grown up as an agnostic, at the same time there was the large disadvantage of not feeling I had any "superior" being to rely on when times came tough, as I saw my classmates having.

The concept of "God" was alien to me and I could not relate to it emotionally. The one thing I was left with during difficult times were my own thoughts.

And guess what... that didn't cut it.

Relying only on my thoughts through difficult times meant that I stressed and thought myself into a never-ending spiral of self-pity and emotional distress.

You see, I was never taught the key: **we are not at the mercy of our thoughts, but that we are the masters of our thoughts.**

In my twenties I went on a journey of learning about all the different religions and belief systems that I could find, and about how our minds work.

I discovered that different thoughts produce different emotions, and that through positive thinking (selectively choosing thoughts which make you feel good) we can pretty much shape our life as we want it to be.

Now, THAT is a discovery ;-)

Quite thrilled, I went on learning and practicing "this positive thinking stuff" as much as I could. It's been a few years now and I keep on learning every day.

My life HAS changed. For the better. And it keeps on expanding all the time.

Through my own experience and through the questions I have received from the readers of [my web site](#) and from clients of my [Empowered Experience Coaching](#), I have come to see that there are three negative thought patterns that keep on showing up in our lives.

I have written this report for you so that you can understand how thoughts and emotions work together, learn to deal with the top three negative patterns of thought which sabotage your life, and use all this information to start giving your life the shape YOU want it to have.

I want to let you know that I love you. No words I've written in this report are meant to offend you, judge you, or make you feel bad.

If you feel identified with anything I wrote, then let's make a toast, because that means that you're about to discover more tools which will help you in your life journey.

Besides, I know that you are doing the best you can at all times; nobody gave you a manual for life. So just read on, and start using these tools and ideas as you feel called to do.

If you stick with it, you're in for the most wonderful surprise: seeing your life changing before your eyes in the direction of your desires.

I love you, and I believe in you.

You're wonderful - remember that.

Cristina

[The Benefits Of Positive Thinking](#)

1. YOUR THOUGHTS CREATE THE REALITY YOU EXPERIENCE

Your thoughts, quite literally, create your reality.

Any thought you choose to pay attention to translates into feelings. Very simple:

THOUGHT	FEELING
"I love spending time with my partner"	Happiness, love, connection
"I hate being stuck in traffic"	Frustration, anger, resentment
"I am not worthy"	Sadness, self-pity, helplessness
"I can achieve whatever I put my mind to"	Confidence, joy, eagerness

In a cyclical way, thoughts spark feelings, and then the feelings "tell you" how you are experiencing reality - i.e. as a hostile place, as a loving place, etc. You then build more thoughts upon those feelings, which in turn generate more feelings of the same type, and so on.

The longer you spend on any kind of thoughts, whether positive or negative, the stronger the corresponding feelings they create.

See it in action:

Example 1

You are driving home from work and eventually you get stuck in traffic. Initially you may be just mildly irritated, as in "I've got better things to do than to be stuck in traffic".

Your thoughts may then continue in the line of "I should have known better and take the other highway", "The traffic in this city is just so awful", "I can't believe nothing is being done to make traffic lighter", and so on.

Soon you've gone from neutral feelings to irritation to downright anger and resentment. The meaning you're giving to your experience of driving is one of unpleasantness.

Example 2

You have been going out with someone for a little while and everything seems to be going fantastic. You are starting to think that this relationship could really develop into something more serious, when you start noticing that your partner contacts you less and less.

You may start thinking things like "I've surely done something that upset him", "He's lost interest in me", "He better not play with my feelings!".

These thoughts can quickly carry you into a state of anxiety, self-pity, great emotional distress and even anger.

Realize that in both examples the situation is, by itself, neutral: there is a traffic jam; your partner doesn't contact you.

But you've gone and built, thought after thought (which sparked feeling after feeling), a whole story about it which makes you feel bad and perceive the situation as unpleasant.

That is how your thoughts shape your reality, all the time.

The reality you perceive is, in itself, neutral. **You give it meaning by choosing to think about it in a particular way.**

It makes sense, then, that if you want to experience reality as a beautiful, engaging and wonderful place, you consciously choose more and more thoughts that create those pleasant feelings.

*NOTE: You can also actively create your reality by using your thoughts and emotions through tools like visualizing, for instance. However that is material for a different report ;-)

2. DAMAGE CAUSED BY NEGATIVE THOUGHT PATTERNS

First and foremost, **negative thoughts make you feel bad**. If that's not enough a reason to want to change your thoughts to positive ones, then consider that negative thoughts also...

...affect your health in a negative way. I won't go into detail here about how this happens, but several disciplines and scientific research are showing more and more that there is a connection between what we think, how we feel and our health.

...affect other areas of your life. You tend to have less self-confidence, you don't feel like engaging in conversation with people with whom otherwise you would, you don't see or are open to opportunities that come your way.

...can make you feel miserable most of the time. If your thoughts in several areas of your life make you feel bad, then you might come to the conclusion that "life sucks".

3. BENEFITS OF CHANGING NEGATIVE STREAMS OF THOUGHT QUICKLY

The main obvious benefit of changing negative thoughts quickly is that **you get to feel better**. This is good enough for me ;-)

Besides, thoughts "compound" in a snowball effect, so **the sooner you notice your negative thoughts the easier it is to change them**.

This does not mean that you cannot change your thoughts whenever you want to. However, if you've been thinking in a negative way regarding a particular subject for years, it may take you a bit more patience and willpower to change your thoughts to positive ones about that particular subject.

The more you change a negative stream of thought, the easier it gets, and at some point you realize that you're easily aware of your thoughts and in command to change their direction. The more you practice, the better at it you become.

Changing negative streams of thought quickly has the advantage that it gives you good practice very quickly and without a lot of effort, so your mind gets "trained" to deal with those unhelpful ingrained patterns of thought.

4. THE TOP 3 NEGATIVE THOUGHT PATTERNS

The three negative patterns of thought described below can prevent you from living your life fully, if you buy into them. Know them, look at them in the eye, and remember that you don't need to believe them ;-)

For each thought pattern you will also find its possible root beliefs, a reversing thought, three useful affirmations, and a recommended tool.

1. "I CAN'T"

*Pattern of thought: "I can't".

It may be that you've tried to deal with a difficult situation over and over and it always ends up in the same way, so you say to yourself that you really can't do anything else. Or perhaps you see other people doing things that you'd love to do (traveling, writing a book, starting a business) but you tell yourself that you can't for whatever reason.

*Root beliefs: not being "good enough". When you say "I can't" to something

new that you would actually like to do you may also have fear of the unknown.

*Reversing thought: "I can".

Realize that you (and anybody!) can achieve whatever you want if you put your intention to it, believe in yourself, and do the work. The key here is the "believe in yourself" - very related with wanting external validation, it comes down to the sole decision that you approve of yourself and of whatever it is you want to do.

*Affirmations:

I believe in myself

I am always supported in achieving my goals

I approve of myself

*Recommended tool: [Holosync](#).

Holosync brings to the surface the issues you've always had trouble with through an easy listening of meditation soundtracks. The meditation soundtracks leave you in a relaxed state, but more importantly your level of

self-awareness increases overtime and you're propelled into a new level of your life.

Holosync is perfect to deal with deep-seated self-esteem issues such as "I'm not good enough". [Follow this link to find out more about Holosync and to request a free demo CD.](#)

2. "WHY ME?"

*Pattern of thought: "Why me?".

"If only they helped me more"; "It's her fault that I can't enjoy my life fully"; "They don't appreciate me here"... These statements have in common a victim "why me?" perspective: you believe that something or someone makes you feel bad and that you can't do anything about it other than complain (to somebody else or to yourself).

Under this type of thinking, things are never good enough; there is always something missing; you feel as if life is against you. Taken to the extreme, this type of thought generates an attitude of self-pity and helplessness.

*Root beliefs: your well-being depends on external circumstances.

*Reversing thought: "I choose".

You, and only you, have the power to think about anything in whichever way you choose - and you can choose to think about things in a way that leaves you feeling good.

On a different spin, Abraham-Hicks state that if when you look at a situation you really cannot find anything in it to make you feel good, then turn your attention to something that does make you feel good, even if it's completely unrelated to the situation.

Some would disagree about turning your attention elsewhere - "Are you telling me to NOT look at reality?". Because the discussion of it is out of the scope of this report, I'd recommend that you check the book ["Ask and it is given"](#) by Abraham-Hicks if you want to know more.

*Affirmations:

I am in charge of my life

I am open to seeing what is good in every situation

I can choose thoughts that make me feel good

*Recommended tool: ["Infinite Possibilities: The Art of Living Your Dreams"](#).

This is, so far, the best all-in-one positive thinking program I have found. Through a set of 12 recordings, Mike Dooley explains in detail all you need to know to use your thoughts and emotions to create the life you want to live; it moves you from a "Why me?" mentality to a powerful "I can and I'm doing it!" stance.

[Follow this link to find out more about "Infinite Possibilities: The Art of Living Your Dreams"](#).

3. "I AM AFRAID"

*Pattern of thought: "I am afraid".

Fear is always a projection of your thoughts into the future with a dose of worry. But if you pay attention, at the moment that something that you really fear is happening, you don't actually sit and think "I'm afraid" - you're just there and then.

There is no fear in the present moment. If you're fully here, fully in what's happening just now, then there is no place for fear. This is the shortcut to

dealing with fear.

Long term, it's my experience that fear may never disappear fully, but you can learn to deal with it in a way that leaves you feeling empowered rather than at the mercy of fear.

*Root beliefs: inability to deal with life; ultimately, fear of death.

*Reversing thought: "I can deal with anything successfully".

As the quote from Winston Churchill goes, "When I look back on all the worries, I remember the story of the old man who said on his deathbed that he had a lot of trouble in his life, most of which never happened." So is with your fears, as most of the terrible situations you picture in your mind will actually never come to pass.

Fear takes place in the mind, rooting itself thought by thought. Again, it comes down to choosing different thoughts - or to simply coming back to the present moment and dropping thinking altogether.

*Affirmations:

I can deal with anything successfully

I choose to live in the present moment

I grow wiser every day and I'm more prepared to deal with life

*Recommended tool: ["Feel the fear and do it anyway"](#).

This book by Susan Jeffers contains all the tools you need to deal with fear successfully. It's full of practical and insightful advice - very helpful to keep things into perspective and to learn to overcome self-defeating patterns of thought.

[Find out more about "Feel the fear and do it anyway" by following this link.](#)

What do these three types of thought pattern have in common?

"I can't", "Why me?" and "I am afraid" create a state of...

...**powerlessness**. You believe that things out of your control make you feel bad in each particular case, and you believe you cannot do anything about them. This generates...

...**passivity**. You only observe the circumstances, but you take no action to

change them. So it follows...

...**lack of responsibility**. The usual "X caused me to feel this" means a lack of responsibility for your own thoughts and feelings.

Not to worry! We've all been there at some point. Keep on reading to find empowering tools to deal with negative patterns of thought.

5. THE KEY

The reason why negative thoughts are poisonous to our well-being is because we're too attached to them and to the root beliefs which support them. We believe that those thoughts and beliefs define who we are.

If you're too attached to your thoughts then your emotional response to them happens instantly - you are unconscious of there being any sort of action/reaction process in between what you think and how you feel.

The key to avoiding and changing negative patterns of thought is to notice your own thoughts. In other words, that it feels as if there is a space or gap between a thought you have and its impact on your emotional state - as if you were a "watcher" or "observer" of your own thoughts.

This space or "observer position" helps you to be conscious of what it is you're thinking and how it can affect you if you buy into it. At this point you also have the power to not follow or believe the thought, and thus avoid the negative emotional reaction.

My friend Deb Schanilec showed me a very fun way to deal with the worst gremlin thoughts (you know, the type of thoughts that provoke a knee-jerk reaction and a downwards spiral of negative emotion): through her ebook ["Resistance Toys: Clever Distractions Designed to Change Your Mind One Neuropathway at a Time"](#)

If you are artistic in any way, I strongly recommend that you check Deb's ebook, because it's the perfect tool to deal with our negative thoughts using crafting material (any, as you will see in the ebook). This has the amazing advantage of making the whole process easy and fun.



["Resistance Toys: Clever Distractions Designed to Change Your Mind One Neuropathway at a Time"](#)

If you've never experienced being the "watcher" of yourself then this may sound like a strange thing to do. It's actually quite fun once you get into it - sometimes I just laugh by myself, finding funny or interesting or weird the thoughts I'm having, not necessarily believing them, but simply noticing them.

See, what happens when we start being the observer of our own thoughts is that we start seeing that most of the beliefs we have were actually ingrained in us in one way or another, rather than them being an actual choice on our side.

We then stop identifying ourselves so heavily with any particular belief. While this may seem scary to the ego (from the outside it may appear as if we lost a sense of our identity) **it is actually the most liberating thing we can do in our lives**. It frees us more and more from our own thoughts.

There is nothing wrong with keeping on in the same negative pattern of thought if you so want - but I'm assuming, as you're reading this report, that you're interested in having thoughts that make you feel good ;-)

And don't worry, I don't have positive thoughts all the time, and I don't know anybody who does. What I do is I intend to be aware of my own thoughts as much time as possible, so that I can abandon negative thoughts before they snowball and create huge emotional turmoil (I've been there, it's not a beautiful place to be).

You can arrive at a more detached point of view about your own thoughts by meditating daily, however the journey is not necessarily quick. For a way to deal with negative streams of thought on the spot I suggest you use the two-step technique explained in chapter 6.

Better still, you can use the technique I give you and also meditate daily - five to ten minutes of meditation will do. In this way you will find yourself being more aware of your own thoughts very shortly, thus not being so attached to the emotion created by any thought.

6. THE TECHNIQUE

The following two-step technique helps you to **first create the space to "observe" or "notice" your own thoughts, and then to turn towards positive thoughts.**

Remember that if you've never tried anything like this before, it may be a little while until you start getting the handle of it. Don't be discouraged if you think "you cannot do it" - allow the learning curve to take its time.

STEP 1

Bring presence into what you are feeling and thinking through the **"This is me feeling/thinking ..."** way.

For instance: "This is me thinking she's taking me for granted"; "This is me feeling unappreciated"; "This is me feeling irritated by this person's behavior".

Just these few words can help you achieve a third point of view about yourself and what you're up to immediately - this is, they bring in consciousness.

Here's a **fun variation** of this technique: imagine that there is a camera filming you, making a movie of your life. What would the audience watching the movie see? Taking it a step further, how do you choose to star in the movie of your life?

STEP 2

Change the direction of your thoughts towards thoughts that make you feel good with the "**I like...**" way.

You "deactivate" a thought when you "activate" another. If whatever you're thinking is making you feel bad, then the only way to get out of it is to put your attention on a different thought. Find something in the situation that makes you feel better. "I like that I get to exercise my self-awareness" is a good one ;-)

Now I acknowledge that sometimes we're so wrapped in our emotions that it may seem impossible to find something we actually like about a specific situation.

In these cases, I sometimes do what Abraham-Hicks advise: I turn my attention towards something else that does make me feel good, even if completely unrelated to the situation - like gorgeous summer days or my dog, for instance.

Three power questions

Use the following three power questions to support you in the process of being aware of and changing your thoughts. You could even write the questions on a card and place it on your desk or carry it with you, and read it regularly.

1. What am I feeling now?

Taking stock of your emotional state gives you an indication of the vibe of your thoughts.

2. How would I feel without these thoughts?

This is about exploring other possibilities which you may not see if you're wrapped in emotion.

3. What one thing can I do right now that would make me feel better?

Whether you can find something about the situation that makes you feel good or you choose to pay attention to something completely unrelated, the point is to actively seek something that will make you feel better or give you relief from the thoughts that cause you to feel bad.

7. THREE ACTION STEPS

Here are three action steps that you can take straight away to train yourself to become more aware of your thoughts and change them to positive ones:

1. Think of something small that bothers you, and make a point that the next time that thing happens you're going to find something good or pleasant about it.

This technique is highly effective in helping to break ingrained negative patterns of thought.

2. Use this thought-interruption technique to come back to the present: listen to everything that is going on.

This helps you to focus your attention and let go of any train of thought or emotion you might have been in. You will feel refreshed when you resume what you were doing.

3. Put a reminder on your phone or calendar to stop what you're doing and check how you're feeling at least once a day. After assessing how you're feeling, express your intention of feeling better.

For instance, if you're finding yourself low in energy you could ask for more stamina; if you're finding yourself sad you could ask for feeling alright.

Things will come along that will help you to feel better - I know from experience that when you put a good intention out the whole universe conspires to help you.

*** BONUS TECHNIQUE ***

Here's a very powerful thing to do. At least once a day, stop whatever you're doing and focus on **letting go**. Let go of everything. Let go of what you're thinking, of what you're feeling, of what you want to happen or not happen, of all your attachments.

You could repeat the affirmation "I let go". As you do it, feel how with each thing you let go you feel lighter, as if a heavy weight was lifted off your shoulders. It actually feels so nice that you may find yourself thinking of more things to let go off! :-)

Not only does this technique bring immediate peace and allows you to relax in an instant, but also little by little it helps you to be more detached from your own thoughts. It opens a space of awareness of being in the moment, with no labels and no rush.

8. FURTHER RESOURCES

A great way to question and get rid of unwanted thought patterns:

[The Work](#) by Byron Katie

An in-depth guide to understanding emotions and reaching for thoughts that feel good:

["Ask and it is given" by Abraham-Hicks](#)

A fun and attractive way to deal with ingrained negative patterns of thought, by Deb Schanilec:

["Resistance Toys: Clever Distractions Designed to Change Your Mind One Neuropathway at a Time"](#)

A soothing and loving dose of happiness to keep you feeling good daily:

[High on Happiness](#) by Susan Minarik

You can also book a life coaching session with me to tackle whatever isn't working in your life:

[Empowered Experience Coaching](#)

9. SUMMARY

The whole report in a nutshell.

0. Foreword

I grew up as an agnostic, relying on my own thoughts. When it came down to difficult times this didn't cut it, because my own thoughts left me in an emotional mess. The key I wasn't taught is that we're not at the mercy of our thoughts, but we are the masters of them.

I have learned a lot about positive thinking through practice, and in this report I give you some of the tools I've found to help us to create our life the way we want to experience it.

I love you, and I believe in you.

1. Your thoughts create the reality you experience

Your thoughts create your reality. Any thought creates emotions, and the emotions "feed you back" how you're interpreting reality. The more you spend on any type of thoughts, the stronger the emotions.

The reality you perceive is in itself neutral. You give it meaning by choosing to think about it in a particular way.

You can choose thoughts that make you feel good about life.

2. Damage caused by negative thought patterns

Negative thoughts make you feel bad. They also...

...affect your health in a negative way. Research shows it more and more.

...affect other areas of your life. You tend to have less self-confidence.

...can make you feel miserable most of the time. You can get to think that "life sucks".

3. Benefits of changing negative streams of thought quickly

Main benefit: you get to feel better!

Negative thoughts compound, so the sooner you notice them the easier you it is to change them. You can in fact choose to change any thought at any time, but if you have an ingrained negative pattern of thought it may take more willpower.

You get good practice very quickly.

4. The top 3 negative thought patterns

Remember that you don't need to believe your negative thoughts. Top 3 negative thought patterns:

1. "I can't".

You may say "I can't" if you've tried to deal with a situation over and over but have always obtained a negative result, or if you are not doing things

you'd really like to.

*Root beliefs: not being "good enough"; fear of the unknown.

*Reversing thought: "I can". The key: believe in yourself - take the decision of approving of yourself and what you want to do.

*Affirmations:

I believe in myself

I am always supported in achieving my goals

I approve of myself

*Recommended tool: [Holosync](#). It's a relaxing meditation program that helps you uncover and deal with deep-seated self-esteem issues.

2. "Why me?"

Victim mentality: believing that something or someone makes you feel bad and that you can't do anything about it (but complain).

*Root beliefs: your well-being depends on external circumstances.

*Reversing thought: "I choose". You can choose to think about things in a way that leaves you feeling good. Abraham-Hicks explain that you can also choose to think about something completely unrelated which makes you

feel good.

*Affirmations:

I am in charge of my life

I am open to seeing what is good in every situation

I can choose thoughts that make me feel good

*Recommended tool: ["Infinite Possibilities: The Art of Living Your Dreams"](#). This set of 12 recordings is perfect to move from a "Why me?" mentality to a "I can and I'm doing it!" stance, as it explains all you need to know to create the life you want.

3. "I am afraid"

Fear is a projection of your thoughts into the future with worry. Fear only exists in the mind; fear does not exist in the present moment. The shortcut to dealing with fear is living fully in the present moment.

Long term, fear may never disappear but we can learn to deal with it in a way that makes us feel empowered.

*Root beliefs: inability to deal with life; fear of death.

*Reversing thought: "I can deal with anything successfully".

Most of the situations we fear never happen. Because fear exists only in the mind, we can choose different thoughts or to come back to the present moment.

*Affirmations:

I can deal with anything successfully

I choose to live in the present moment

I grow wiser every day and more prepared to deal with life

*Recommended tool: "[Feel the fear and do it anyway](#)". This book contains all the information you need to learn to deal with fear successfully and to overcome self-defeating patterns of thought.

These three thought patterns have in common that they create a state of...

...powerlessness: you think you can't do anything about what makes you feel bad. This generates...

...passivity: you take no action to change the circumstances. It follows...

...lack of responsibility. "X caused me to feel this".

5. The key

Negative thoughts are poisonous to our well-being because we're too attached to them and to their root beliefs - we think that's who we are.

The key to avoiding and changing negative patterns of thought is to create a "gap" or "space" between your thoughts and your emotional response to them - an "observer" or "watcher" position where you can be conscious of what you're thinking and how it may affect you if you buy into the thought.

Being an "observer" of your thoughts is quite fun. Overtime it helps you to stop identifying yourself with any particular belief.

I don't have positive thoughts all the time. What I do is I intend to be aware of my thoughts as much as I can, and abandon negative thoughts before they snowball.

You can become aware of your own thoughts by meditating daily and by using the technique below.

6. The technique

A useful two-step technique:

Step 1 - Use the "This is me thinking/feeling..." way. Example: "This is me feeling irritated by this person". This brings you consciousness about your state of being.

A fun variation: imagine there is a movie of you being filmed. What would the audience see?

Step 2 - Use the "I like..." way. Example: "I like that I deal with loving people every day". This helps you turn towards positive thoughts.

Abraham-Hicks suggest that, if you cannot find anything about the situation that makes you feel good, you then turn your attention to something that does make you feel good even if completely unrelated.

Three power questions to support you:

1 - What am I feeling now?

2 - How would I feel without these thoughts?

3 - What one thing can I do right now that would make me feel better?

7. Three action steps

1. Think of something small that bothers you, i.e. being in a traffic jam, and make a point that next time it happens you will look for something good in it.

2. Use this thought-interruption technique to come back to the present: listen to everything that is going on around you. This will take your attention away from thought.

3. At least once a day stop to check how you're feeling. Express your intention of feeling better.

*****Bonus technique*****

At least once a day stop everything you're doing and focus on letting go. Let go of your thoughts, your emotions, your wants, your attachments. You can use the affirmation "I let go". This will help you to relax in an instant.

8. Resources

[The Work](#) by Byron Katie

["Ask and it is given"](#) by Abraham-Hicks

["Resistance Toys: Clever Distractions Designed to Change Your Mind One Neuropathway at a Time"](#) by Deb Schanilec

[High on Happiness](#) by Susan Minarik

[Empowered Experience Coaching](#)

10. ABOUT

I am an ever-growing soul, always curious about the mechanisms of the mind and how we experience what we call reality. I am eclectic, I'm always learning something, and I like chocolate and making music ;-)

I have created the web site [The Benefits Of Positive Thinking](#) as a means of passing on all the knowledge I have acquired about positive thinking and transcending thought. I wish that the information on the web site is useful to you.

Want to get in touch? [Contact me through the web site!](#) :-)

