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Getting Rid of Negative Thinking Patterns



By Cheryl Smith

Sub Conscious Control for Destroying Negative Thought Patterns

In this short report, I am going to walk you through a simple system for destroying negative thought patterns that affect your life.

Thinking negatively can affect so many different areas of your life. It can hold you back and make you miserable in various ways. You can get into a bad habit of thinking negatively. If you do this you will accept the thought as being true making yourself miserable, sad and anxious. Your life will be in a dark place. You will not be able to be the authentic and real you which is an intrinsic part of your basic human nature.

You need to take decisive action today.

Your subconscious runs your entire body. Think of it as your autopilot or your engine room. Anything that is accepted into your sub conscious will be reflected in your physiology. In other words, the way that you feel is the way you will act. So, if you tell yourself things like

I feel so self-conscious.

I am going to mess up my presentation tomorrow.

Everyone will think that I am stupid.

I am unattractive.

I am not good enough.

I am the worst driver in the world.

He/she is way out of my league.

I am going to feel anxious doing the public speaking tomorrow.

I cannot do this.

I always fail so what is the use of trying?

Guess what?

You will feel exactly that way!

The power of your thoughts cannot be underestimated, as this next example will demonstrate.

Maxwell Maltz, researched the power that negative thinking patterns have on our lives. He was a plastic surgeon who realised that some people instantly became more confident once they had surgery, whilst others became despondent. He carried out experiments to try to find out why.

He hypnotised a woman so that he was speaking to her sub conscious mind. He then placed a pen on her forehead and told her that it was a hot piece of metal. Within twenty seconds, a red mark had appeared on her forehead! The truth of the matter was that she had **thought** that it was a hot piece of metal and her body had reacted as if it were true.

What Maltz found was that when people have an operation to correct what they perceive as a fault and they still **think** that they are unattractive then no amount of plastic surgery will help them.

Here is another example of the power of your thoughts.

Many years ago, a man in the United States was trapped in the freezer department of a freight train. There was writing on the wall.

3.20 AM- Getting cold now

4.32 AM - Shivering. Finding it hard to write and concentrate.

5.47 AM - Too cold. Can feel my heart slowing down.

The man was found dead in the morning.

Yet the freezer was not even on!

He had literally thought himself to death. Because he believed that he would have no chance of survival his subconscious made his body

react as if it were true. This is another example of the amazing strength and power that our thoughts have over us. What you constantly say to yourself will become a self-fulfilling prophecy.

Therefore, the bottom line here is that you need to become consciously aware that throughout the day you are constantly engaging in 'inner talk' or speaking to yourself.

Reason with The facts

Reason with the facts and ask yourself if the thought will have a positive or negative affect on your life.

For example:

'I am going to mess up that presentation and it will be the end of the world.'

Will it really be the end of the world?

No, of course not. Have faith in your ability.

This would have a negative effect on your life.

Why Most Self Confidence Programs are A Waste of Time.

I am sure that rejecting negative thoughts is not new to you. The hard part is knowing exactly **how to reject negative thoughts**.

When you think of your mind, what do you think of?

You think of your brain, right.

That is the problem.

It is virtually impossible to know how to reject negative thoughts when you are thinking of your brain. We have a conscious mind and a sub conscious mind, which runs on autopilot.

Any thought that we accept will affect our physiology. You are programmed to accept your thoughts as being true whether they are negative or positive. Your mind does not care and does not make a

distinction between them. You will accept these thoughts into your mind regardless.

Put a stop to this negative thought patterns and stop them from controlling another precious second of your life. Here is how to do it.

Become consciously aware of when a negative thought occurs.

Then picture your negative thought leaving your brain.

Visualise yourself ejecting that negative thought from your mind.

Reject it and then immediately replace it with a positive thought.

Picture this empowering positive thought as being accepted by you.

Use this technique and you will see a huge change in your life because your confidence will dramatically increase. You will be more willing to put yourself out there and do things that you would usually not even attempt for fear of what people might think of you.

I promise you that if you get into the habit of doing this for 30 days you will virtually automate the whole process. Try it and see.

Simple, but effective, if you take action every day.

Some people think that self-help is lame and not worth the effort.

I call this social freedom.

Cool people are confident, calm and collected. They do not dwell on what other people think of them. They do not need or seek the approval of others. However, because of this people tend to give them approval anyway. Think of a confident friend that you know and this will confirm this. They do not seek approval but they tend to get it anyway.

Lame people are those who are the opposite. There is nothing sad about becoming the best that you can be. Worrying about what people think of you is a common problem. Many people are weighed down with this

predicament and feel that there is no way out for them that this is just there lot in life and they will have to suffer in silence.

In fact, it is indeed a silent epidemic.

Countless people are suffering in silence from this problem, which can ruin their lives.

We all know people who would benefit from this. Who do you know who would benefit from trying this technique?

Feel free to email this report to family and friends who you think may benefit from learning how to become more confident by ridding themselves of negative thinking patterns.

You will be doing them a big favour.



Here is a systematic guide to eliminate negative thinking patterns.

You think a
negative thought

You are aware of
the negative
thought

You eject it from
your mind

You replace with a
positive thought

Do this for 30 days
and see the
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