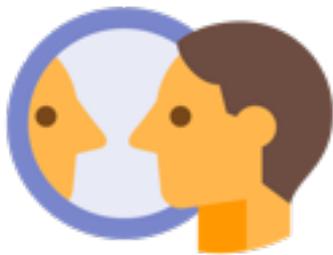
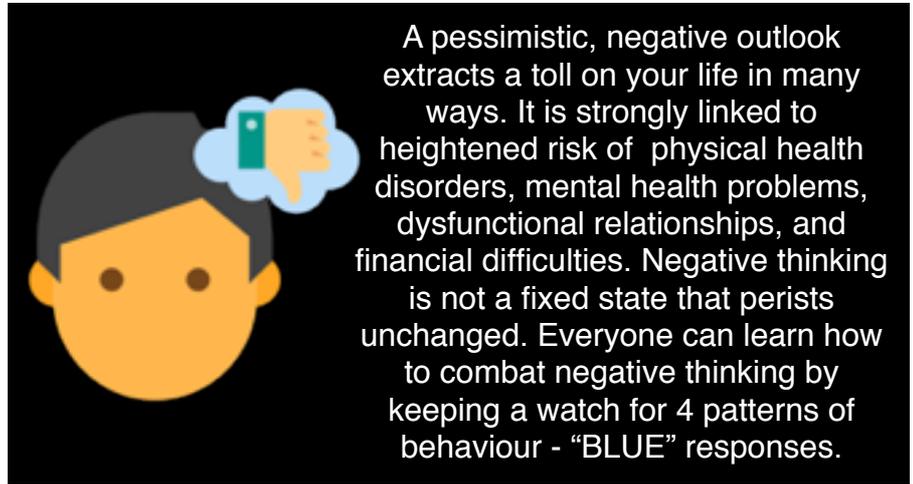




Get rid of negative thoughts and ideas by identifying 4 bad habits



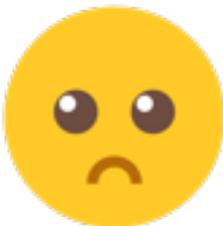
1

Blaming oneself constantly. Get away from the habit of saying "It's all my fault". Being your own harshest critic at times when things go wrong is not in your best interest. Taking responsibility for your actions is mature behaviour but excessive self-blame is harmful.



2

Looking for bad news. Don't stay focused on rare bad events while disregarding all the good things that have happened during the same time. There is a saying that to a man whose only tool is a hammer, everything looks like a nail. Lay aside the hammer and learn to use other, more positive tools for thinking.



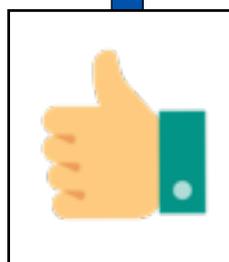
3

Unhappy framework of ideas about the future: Constantly framing the future in a doom and gloom scenario often turns out to be self-fulfilling. You don't have to be a Pollyanna but you can certainly look at the future with a hopeful and positive outlook.



4

Exaggerating negative events. Adversity and negative events are a given. Exaggerating them to disproportionate degree and seeing them through a magnifying lens sets you off on a downward spiral. The deeper the negative emotion the worse you feel; the worse you feel the less likely you are to motivate yourself to positive action.



Cognition based replacement. Mindfulness-based cognitive therapy is proven to be an effective strategy for managing negative emotional states. It takes time and effort to replace negative thoughts with realistic, positive ideas. Neuroscience has shown that the brain undergoes structural changes with consistent practice - neuroplasticity. Once embedded, the new habits will become permanent.