

How to Positively Change Your Negative Thought Patterns:



Do you often think about problems, difficulties, and worries a lot on a frequent basis? Be positive! Is the negative thought pattern badly affecting your life? I used to worry a lot about all sorts of things: did I prepare well for my exam, finding a job, having enough money to pay my bills etc etc..

numerous to put it here on the blog. But here is the thing: Very often people allow their negative thoughts to easily encroach and rest in their minds without removing them afterwards.

How many times did you worry about your day to day duties and responsibilities and tasks and then carry this over to the next day, next month or even next year? The potential power of negative thoughts drags you away from living in the present moment and gradually makes life a burden (at least from your perspective).

But do you know it's actually all in the mind?

The famous Law of Attraction works everywhere in life. This law states that what whatever you thinks the most will manifest in your life.

If you think that life is great and full of abundance, you will only notice wonderful things happening in life.

However, if you think there isn't anything good or positive in life, you will find only disturbing things about it. The fact is that both the positive and negative part of life exists, but because of your focus, you can either see only good or only bad.

So if you change your negative thought pattern, you can change the world around you!



5 Ways to Changing Negative Thoughts

Negative thinking is one of the main reasons for stress buildup in life and its repercussions can be far reaching and can influence the people around you.

It can damage your confidence and self esteem, paralyzes your mental skills, harms your performance, ruins your career, and hurts your relationships. If you make efforts to close the doors on negative thinking, you will notice a significant improvement in life.

Remember that you alone are responsible for controlling your thoughts and your mind and consequently your happiness and mental strength.

1. Train your mind

Often it is difficult to focus on good things when bad things are happening in life, but if you train your mind to think positive, you can see the change.

True, you cannot change your past experiences, but you can always interpret things differently and control how you react to your current situation.

It is therefore important to train your mind to shift its focus to positive or good things and change negative thought pattern.

To start with, write down seven good things that happened to you during the day before going to bed.

Doing this will help you train your mind to look for the positive and good, which you had been avoiding or wasn't conscious of until now.

Gradually you will realize that the good and the bad are part of life and that you aren't a victim of bad things alone; rather, you are lucky enough to experience the good things in your life as well.

Persistent inner and mental work can work wonders for you and change your habits of thinking and mental attitude.



2. Visualize success

Thinking of negative outcomes, failures, obstacles and catastrophes will only radiate negative energy into your world, and set a spiral of negative thought pattern into your life.

Instead focus on visualizing success coming to you, not failure.

Think of positive, not negative; dream of heaven, not hell and you can see a sea of change in life.

3. Change your use of vocabulary

If you are a victim of negativity, you surely have a lot of negative vocabulary that you unconsciously use.

Your mind doesn't go beyond "won't," "can't."

Open your mind to positive words. If it need be, change your social circle, especially if you have negative minds around you. Use a lot of positive words.

Most of us thinks in words (e.g mental self talk) therefore incorporate a lot of positive thoughts and words into our daily vocabulary both mental and spoken.

4. Change the focus away from you

There isn't a better way to stop negative thoughts than helping someone in need. Offering a helping hand or doing a good deed is a great source of motivation and take the focus away from you.

It will show you there are still people with no better luck than you, setting in positive thinking that you're better off than many others.

Volunteer, participate in fundraising activities and being able to help the people around you like friends, family and others enable you to stop worrying about your current situation and keep your mind occupied on other things.

Plus it gives you the chance to compare your situation with others who has it worse than you and in turn you learn to appreciate the good things in your life.



5. Forgive others

Keeping a grudge against somebody is like renting them a free space in your mind.

Write down the list of people that need to be forgiven and forgive them mentally. Tell yourself to forget whatever has happened and forgive them and move forward.

Please don't waste your precious energy holding anger and grudges and it is not worth it. Holding anger inside of you is like stress: in the long term it is detrimental to your mental and physical health. So please don't do it. You will notice a sea change in your thought patterns.

6. Surround yourself with positive people and positive thoughts

Don't let negative brains affect your thought patterns. Positive thinking minds are a great source of encouragement for just about anybody, and to people who think negative alone, such positive minds can take the stress away from you.

The company you keep have a enormous influence on you.

As a famous saying goes: "Your network is your net worth"

Happy Positive Thinking!

