THOUGHTS, THINKING, FEELINGS – Re-framing for positivity

Are you telling yourself the truth, is there any evidence associated with your "self-talk/inner critic"?

When you have a thought, remember it's just a thought. It's only when you start dwelling on the thought, engaging in what we call 'thinking,' that emotions come into play. If the initial thought isn't a positive one, simply let it go right away (dismiss it). This prevents you from experiencing negativity, as our thoughts, when dwelled upon, tend to generate negative feelings. It's interesting to note that a significant 78% of our daily thoughts lean towards the negative. So, by letting go of unhelpful thoughts early on, you can actively manage and reduce negative emotions.

When our thoughts lean towards the negative, it reflects in our feelings, creating a negative energy that can make our entire day feel miserable. The way we perceive something has a powerful impact on our mindset, turning those thoughts into feelings. If these thoughts are predominantly negative, our energy follows suit. To ensure a positive energy radiates outward, it's crucial to promptly dismiss those negative thoughts. Often, there's no concrete evidence associated with these negative thoughts, making it easier to let them go and maintain a more positive outlook.

Re-Framing for a positive impact

How Does Reframing Work?

Reframing works by altering the meaning or context of a situation, thought, or statement. It challenges negative or unhelpful thoughts

and encourages a more positive and empowering outlook. This process involves consciously choosing to interpret events in a way that fosters personal growth, resilience, and well-being.

Reframing negative thoughts into positive ones is a powerful technique for maintaining a balanced mindset. Here are some examples:

Negative Thought: "I'll never succeed in this project."

Reframed Positive Thought: "This project is challenging, but I'll approach it one step at a time, and with effort, I can make progress and succeed."

Negative Thought: "I'm terrible at public speaking; I always mess up."

Reframed Positive Thought: "Public speaking is a skill I can improve with practice. Each opportunity is a chance to learn and grow."

Negative Thought: "I'm not good enough for this job."

Reframed Positive Thought: "I may lack some skills now, but I'm committed to learning and improving. I have the potential to excel in this role."

Negative Thought: "I'll never lose weight; it's impossible."

Reframed Positive Thought: "Losing weight may be challenging, but with a healthy lifestyle and dedication, I can make positive changes over time."

Negative Thought: "I always mess up relationships; I'm destined to be alone."

Reframed Positive Thought: "I've faced challenges in relationships, but each experience teaches me valuable lessons. I'm capable of building healthy connections."

Negative Thought: "I'm a failure because I made a mistake."

Reframed Positive Thought: "Mistakes happen; they are opportunities to learn and grow. I'll use this experience to improve and do better next time."

Negative Thought: "I can't handle the stress; it's too overwhelming."

Reframed Positive Thought: "Stress is a part of life, and I can manage it by breaking tasks into smaller steps. I'll focus on one thing at a time and stay calm."

Remember, the key is to **acknowledge the negative thought and consciously replace it with a positive and constructive alternative**. This shift in perspective can **contribute significantly to a more balanced and optimistic mindset.**

Your mind can sometimes be your own worst enemy. When you believe you look good, you feel good. But when you think you don't look good, it makes you feel bad, and this negativity affects your overall energy.

When someone says something to you, how you feel about it depends on how you interpret it. It's up to you to decide if you want to see it in a positive or negative way. If you choose to see it negatively, it can make you feel bad without you realizing it. So, when you get a

message, spoken or written, try to understand what the person is really saying before assuming anything negative about it.