How to turn a negative thought into a positive one?

First things first... We believe our thoughts... Think about it! When your mind comes up with a thought (any thought), you believe it. "I need to lose weight", "I want to quit smoking", "I can't do this", etc... WE BELIEVE OUR THOUGHTS...
Secondly, 90 to 95% of our thoughts are recycled. This means that we think the same thoughts over and over again. Now, THAT is pretty scary... Especially if some of those thoughts are negative...

So how do we turn negative thoughts into positive ones? You probably have heard many times to turn your "bad thought" into a "good thought". And probably have tried, without success. Why? Because your "good thought" is made up, and your subconscious does not really believe it. For example, if you try to turn "I am fat" into "I am skinny", you will likely not be convinced...

So instead, here is an easy step by step system: investigate your thought.

1- Ask yourself "Is that true?". Let's say you want to start your own business, and your thought is something like "I will never succeed." *Is that true?*
If the answer is Yes (I am not good enough, I can't leave my job, I need a steady income, ...),

2- Go deeper: "Can I ABSOLUTELY know it is true?" Do you KNOW, without a doubt that your thought is true? What evidence do you have that this is true?

3- How do I respond/react when I have this thought? How does it make me feel? Do you feel hopeless, down, lonely, scared... Embrace your feelings, just be aware of them. Do not judge them nor fight them. For every action there is a reaction. You cannot have light without dark. Explore, accept, and let go.

4- Ask yourself "Who would I be without that thought?" * I would be open to something else, I would believe I can do it, I would acquire the necessary skills, ...*

5- Turn it around, into the exact opposite. In this case "How can I can I be successful at my own business? What are the steps I need to take?"

Once we have taken our thought "out of our head", analyzed it with the 3,000 feet view, and felt it, it becomes easier to handle. We realize that there is another side to it, and that the preconceptions we had are just ours, and not necessarily the reality. Learning to let go of a negative thought is as important as nurturing a positive one. Thoughts are energy. They become things... So choose the good ones, and recycle those.

Cheers, to your good thoughts!

Karine Woodley
Wellness coach
www.readysetlivecoaching.com
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* This method is derived from Cognitive Behavioral Therapy, and inspired by Byron Katie's "work" (www.thework.com)