

3 Practical Tips to Transform Negative Thinking



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1) Release Old Baggage

A lot of what we think is actually just an accumulation of old thoughts and beliefs. For example, someone might have told you that you were stupid when you were a kid. And you might have heard it enough to believe it (for me, it was hearing that I was fat - while I was larger than many other kids, I was hardly fat, but I sure believed it!) Now, it's your choice to keep believing that old story, or NOT! I like reminding myself, "that's not my story," and... "don't believe everything you think!" Either of these mantras may help you, or find one that resonates for you!

2) Reframe the Thought

OK, you said you were an idiot, or stupid, or a bad person, or whatever other horrible thing your brain tells you. The first thing is to congratulate yourself for your awareness — for catching it, which is half the battle. Yay, you! Next, reframe the thought. Start with the reverse: "I'm smart," "I'm savvy" "I'm a great person." If you just don't believe it (yet), consider: "Maybe this isn't the smartest thing I ever did," "This was stupid, but I'm still a savvy person." Even switching the thought a little bit from a negative to a positive can help.

3) Get Help

You can't shift this alone. The negative voice isn't yours - it came from other people, society, your teachers, your significant other, etc. The only real way to heal it is with another person or a group of people who can see you for who you really are, not the "broken" thing you believe you've become. If you are truly

ready for transformation, [fill out this form](#)* and you might get a free strategy session that can help you shift more deeply.

[*<http://halleeavelyn.com/invite/>]

PS. Thoughts of suicide, feelings that the world would be a better place without you, or a desire to harm yourself or others, should not be ignored under any circumstances. Please seek help from someone you trust AND a medical professional.