
*CHALLENGING
A NEGATIVE
THOUGHT*

POSITIVETHINKINGREVOLUTION

QUESTIONS TO ASK

Many times because of limiting belief or past programming we end up catastrophizing or have a thinking error. Meaning what you are thinking does not match up with reality. When you have a situation, especially a situation that arises often for you, ask yourself these questions.

1. Is this a fact or is this a false or limiting belief?

The way to figure this out is to ask a friend what they would do or how they view it. Often our closest tribe members will offer a solution that we don't want to follow. You know that feeling of resistance when they offer and all of the ways we rationalize how it won't work. If they see a solution no matter how much we don't want to hear it, then it's our limiting belief caging us in.

2. What's the worst that can logically happen?

The way to do is say and then what all the way to the end. For example, you wreck your car and it's your fault. **Then what?** I call my insurance and tell my partner. **Then what?** My insurance agent wants all the information and my partner is upset. **Then What?** Then I end up having to pay a deductible and my partner and I have a lot of conversations about what happened? **Then What?**

3. Is this a possibility or a certainty?

Meaning many, times we worry and fret about possibilities that never become realities. So how do you know if it is a certainty? Use the best friend test. If your best friend was worrying what would you say? Now are there some other more positive possibilities?

4. What is the Reward for Me?

Meaning what are you getting from this? Attention? Distraction from life? An adrenal shot which equals a thrill? Do you get to be a victim?

5. What is it Costing me and Others?

Meaning what is this doing to our relationships? To your health?

HELPFUL STRATEGIES

1. Distract yourself
2. Schedule time to "Have Negative Thoughts"
3. Write it down and get it out of your thoughts
4. Identify triggers
5. Meditate
6. Exercise
7. Rewrite the situation from a positive viewpoint
8. Stop watching negative information
9. Use affirmations throughout the day
10. Practice taking deep breaths and releasing slowly