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Blocking Negative Mind Speak by Judith

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According to recent research, up to 75% of your emotions are created by your thought patterns. With the human mind thinking over 60,000 thoughts every day, your emotions can be sent on a major roller coaster ride if you donâ€™t learn to manage your thought patterns.

Of course, with such an incredible number of thoughts flying through your head every day, itâ€™s near impossible to control them all. What you can do, however, is control the attitude you take toward life by consciously choosing a positive mental atmosphere. If you know that your thoughts influence your feelings, then if youâ€™re feeling depressed, sad, or angry thatâ€™s an automatic signal that your mental climate is â€œoff,â€• and should get you focused on whatâ€™s causing those negative emotions.

Negative Thought = Negative Outcome

A habit of negative thought patterns can only end one way â€“ defeat. If you are constantly telling yourself that you â€œcanâ€™t,â€• youâ€™ll never even bother trying. If you want to see success in life an overcome the obstacles before you, itâ€™s absolutely vital that you make conscious positive thought patterns a part of your life.

A Mental U-Turn

So perhaps youâ€™re recognizing some negative thought patterns. But what can you do about it? Very simply, replace those negative thoughts with positive self-talk.

Start off by identifying the areas where you struggle with negative thoughts. Physically writing a list can often help to clarify your thought patterns. Once youâ€™ve pinpointed your weak areas, target them with positive self-talk and affirmation.

A change like this really does require a full mental u-turn. You have to be definite about it, and not let little bits of negativity back in. You have to determine in your heart and mind that your success in life is contingent on your attitude.

Positive Thought = Positive Outcome

I heard it said once that you cannot chase out the darkness without letting in the light. Positive thoughts will fill your heart and emotions with light and prevent the darkness from sneaking back in.

When youâ€™re constantly telling yourself â€œI can,â€• you will very quickly begin to believe it. When you telling yourself that youâ€™re smart, capable, and worthwhile, you will begin to act accordingly, quickly surmounting obstacles before you. When you believe that you are worthwhile, you place value on yourself which fills you with confidence. When you are confident and value your own worth, others will as well.

As with breaking any bad habit and forming a new good one, blocking negative thoughts and developing a pattern of positive self-talk will take time and determination. Your thought patterns werenâ€™t formed overnight, and you wonâ€™t overwrite them with new ones immediately. However, with determination and a deep desire, you can erase the negativity and start to build a positive, hopeful attitude. Obstacles will no longer seem insurmountable, and success will be within your grasp.

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