

## Changing Thought Patterns

We are creatures of habit. We are set in our ways. And we tend to be very attached to the way we are and the way we think. Our thinking patterns are repetitive and habitual.

And if you only have one way of thinking about something, then that's your default. And if that default is negative -which it probably is- then you're in trouble by default...

Thanks to previous steps in the SCS you have already weakened some of the hold that negative thoughts had on you (remember, beliefs are nothing but thoughts or ideas that you *feel* to be true) and we are going to take that a step further in this exercise.

I'm going to give you a simple exercise of recording your repetitive negative thinking. And then I'm going to give you 2 powerful thought changing exercises you can practice in order to master changing your thoughts.

These 2 exercises I teach you are exercises that benefit you for the rest of your life. By mastering the exercises you will have powerful tools at your disposal to challenge and change your thoughts.

I still do this, and I will keep doing this for the rest of my life because new situations always arise to improve your thinking on. And, the thoughts you choose to think determine your quality of life. When you think better thoughts, you feel better, you behave more effectively, and you attract better situations into your life.

To give you an example of my level of dedication to this, I sit down with a pen and piece of paper three times 5-10 minutes each day to challenge my thoughts and choose thoughts I want to habitually think.

And I don't do this to "remain free of social anxiety" as I am past that challenge. I have found that as I keep changing my thoughts and keep thinking more empowering thoughts my life keeps improving.

Changing your thoughts becomes great fun as you see more and more positive results showing up in your life as a result of your changed thinking.

I am a positive thinker, but it hasn't been by default. I've had to train myself into that.

*Positivity requires exercise!*

Just like you need to go to the gym multiple times a week if you want to build muscle or lose weight, in order to think thoughts that feel good you will need to practice it. The less you practice the harder it is. Just like the first times to the gym is the hardest. But after doing it for a while, you'll start to enjoy it.

## **Exercise:**

For 2 days in a row, write down all your recurring negative thoughts. You can either write them down or record them in your cell phone. Do this as you go about your day. At the end of day 1 and 2, you look over your list, and you see if you can add some to them (as this is a pretty depressing exercise, I suggest you tap as often as you can during this exercise).

Once you have completed your list, use the two thought change exercises “choose the better feeling thought” and “wouldn’t it be nice if…” I teach in order to improve your thinking.