

AWARE OF NEGATIVE THOUGHTS

When negative thoughts pop into your mind, become aware of them, using an attitude of gentle interest and curiosity. You could ask yourself questions like this: (remember to BREATHE....)

- Is this thought a fact?
 - Am I blowing things way out of proportion?
 - Can I see this thought from different perspectives?
 - Am I focusing on my weaknesses and forgetting about those things I'm good at?
 - Am I jumping to conclusions?
 - Am I judging?
 - Am I blaming myself or being hard on myself?
 - Am I trying to get things perfect?
 - Am I expecting a disaster?
 - Am I reading into the future, making up the story in my head?
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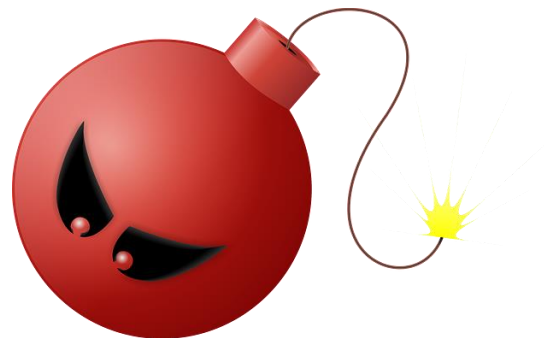
The keynote attitude to take with your thoughts is gentle interest and curiosity.

“Respond; don’t react.

Listen; don’t talk.

Think; don’t assume.”

— Raji Lukkoor, Speaker, author, engineer



Is this your mind?!!