

Mastering Negative Thoughts

Even if you have had trouble with negative thoughts for years, you can learn how to control them – indeed: to MASTER them.

Everyone has negative thoughts from time to time, but some of us may have them as much as 50% or more of the time. Why is this? It could be a matter of environment. As a child you may have lived in an atmosphere of negative thinkers, and you learned your thinking style from those around you. Or you may have had a lot of experiences in your life (or even just recently) that have helped you see the world with a basically negative perspective. People are usually able to see negative thinking and speaking in others, but we can deny the same thing in ourselves. Are you a doom-and-gloom thinker? Listen to your own thoughts and statements for a day. It can prove to be quite eye-opening!

One of my favorite things to do in therapy is to help others learn to have healthier thinking habits. It does not mean we simply eradicate all negative thoughts or “all-or-nothing-thinking”, but we can learn simple techniques that can open up more options in life. If you have been told by others that you tend to see the cup as half empty, or if you are aware of it for yourself, you can change these old habits of thought. We practice these techniques in session, and they are not difficult to use if you are determined to feel better and live happily.

“Your thoughts create your Life.”

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