

## Mind Loops



Scientific researchers' cite that we think over 60,000 thoughts a day and the majority of those thoughts are negative! Our negative thoughts are made up of worry, fears, guilt, self-doubt, and self admonishment. The worst of it is these thoughts seem to persist. Continuing to show up in our thoughts throughout the day, weeks,

and months to come; these thoughts, known as Mind Loops can have a torturous effect on us.

Because the messages play over and over again in our minds we start to believe the negative messages but the more we tell ourselves not to think these outrageous thoughts the more we think them. These make negative mind loops cause much of our stress, loss of sleep, fears the level of panic, and the inability to function in our day which leads to feelings of even more stress. If you recall high stress levels increase the body's cortisol levels and its untoward effects.

### **Cutting the Mind Loops:**

- Place yourself in a beneficial positive frame of mind to work to your advantage. Set the continual intention to notice, without judgment, when one of your negative mind loops shows up. You are changing your perspective away from negativity and becoming a neutral observer of what is going on in your mind.
- Now that you're noticing when the negative mind loop first shows up you have to do something to interrupt the loop. Psychiatrists and psychologists love to use the rubber band method to discourage negative behaviors and this will work on a negative mind loop as well. If you are unfamiliar with this technique: Keep a rubber band around your wrist and when you notice you are beginning to think inside a negative mind loop snapped the rubber band. The instant you think or say "ouch" follow it with some positive reinforcement. Think or say a positive statement (or affirmation) which contradicts your negative mind loop message. You can

also clap once loudly with the same result and at the same time move out that negative energy.

- A variation of the technique just mentioned is once you are aware of the negative loop beginning: write it down, call it garbage (or any other choice words you have for it), tear it up, and throw it away. Follow this action by writing down your positive statement and placing it in a box or jar you have assigned for this specific purpose.
- Immediately do something that distracts your mind by refocusing your attention to a task. This task should be something not consistent with the normal flow of your day. Go balance your checkbook, straighten out a junk drawer, or engage in a hobby you have put away for a while. This requires your brain to engage in re-focusing your attention.
- Make it a habit to exercise daily. Exercise raises your endorphin levels and your feel-good hormones which helps to change your perspective into a positive zone. Don't resist the temptation to not exercise because your thoughts are telling you can't find the time. 10 minutes of exercise is better than no exercise at all and once your exercise habit has been created your body will crave it.
- Sometimes a negative mind loop causes what I call a brain freeze. You find yourself paralyzed into not making a move within your life so as not to cause more negative mind loops. Stuck in place, you are afraid to make a decision. Remember making no decision is a decision in itself and that decision is controlling you. The best way out of this is force yourself to make a decision! Any decision. It may not be the perfect decision but it will cure the paralysis which probably has been stressing the hell out of you!
- Meditate daily to quiet your mind. It needs the rest after all those loop de loops! Let go of any stray thoughts without judgment.

Feeling a bit better? We really aren't done yet. There is a bit more to do.

There are probably still some stubborn loops occupying our brain space. It's time to roll up our sleeves and do the deep inner work. Analyze a loop one at a time, asking if this is a true worry that needs attention or has no basis in rational thought. Try to find the cause of this loop. When did it happen? Why did it happen? Why does it continue? This is where each of us needs to truthfully investigate what is going on inside ourselves. Ask

yourself if this is just too big for you to handle alone and you need help. Be honest in your answer. This may be a time when we are need for professional to guide us through this confusing loop to give us some additional help.

*With Gratitude,*

*Kai*