



Got me thinking!

Negative → Positive



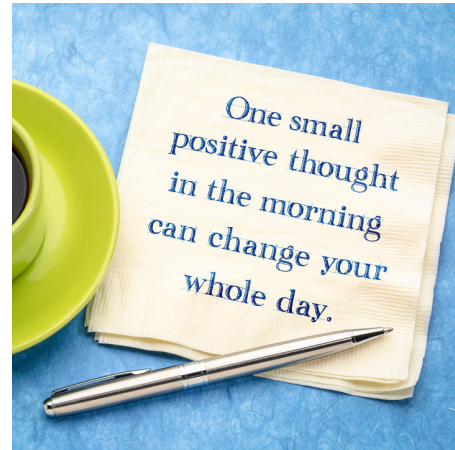
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There are times when our thoughts simply get the better of us! And isn't it interesting that when we take time to stop and listen to these conversations, we often hear conflict and negativity. But there are ways to challenge these thoughts and begin replacing them with positive ones that will serve us much better.



First you have to notice them, without judgement. A great starting place is in a short meditation such as *Leaves On A Stream*. As you notice them you'll begin to realise *you are your biggest critic!* Write down your thoughts - exactly what you say, "*Oh I'll never manage that.*" "*I'm simply not good enough to go for that position*" and so on. Then start transforming them into positive statements - "*I could go for that position, I have the skills and experience...*" It really doesn't matter if you fully believe it or not. The main thing is to do the work and then you'll notice how different you feel when you say each thought out loud - the negative, then the positive.

The differences in the way you feel will tell you everything you need to know about the way you've been treating yourself. You'll realise that now is a good time to stop, and start being kinder and more compassionate to you.

Now you have a new way, strategies, that if practiced well, will help you challenge that negativity and transform it so it now serves, rather than berates you.

Use the 2 audios that accompany this workbook - *Leaves On A Stream* and *Ego Strengthening*.



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Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?

Try to restate that thought and frame it into a positive statement.



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