



## The Five Steps to Support Clients to Re-Wire Negative Thought Patterns

### **Step 1: Identifying the Negative Thought**

Often times your negative thoughts happen so quickly or so persistently that you don't even notice you're having a negative thought. You just think it's the truth or that it's the way things always need to be – to be feeling icky about yourself or what you're doing. That's why it's so important first and foremost to become aware of when you're having a negative thought and to identify it right then and there. This process of identifying your negative thoughts allows you to begin to see the difference between truth and story.

Some questions you can ask your clients to help them Identify the Negative Thought that is standing in their way of a goal:

- What's the belief that's holding you back right now?
- What's the belief underneath the fear you're experiencing?
- What's the story you're telling yourself right now about this situation?
- What's the thought that is stopping you in your tracks right now?

### **Step 2 - Exploring Your Negative Thoughts**

Once you've identified the negative thought, then you can move to the second part of the Rewire Your Negative Thoughts process, which is to explore the negative thought and understand it. In other words, once you have the awareness of the thought, then we want to gain insight into it.

There's a number of different ways to do this:

### --Ask Exploratory Questions

-You can ask any of the Questions from the Visualization below

-How invested are you in continuing to believe this thought? (Ask beginning and end)

-Who would you be betraying if you were to think differently/positively here?

EXPLORING

-Who would you need to forgive if you were to change pattern here? EXPLORING

-How do your negative thoughts protect you? How does this negative thought protect you from taking action or responsibility? EXPLORING

### ---Visualization (if your client is open to Visualization)

Example of a Visualization you can use: So, I invite you to take a moment and get centered, and to close your eyes and to move back into that centered grounding feeling from our grounding at the beginning of the call. As you inhale and exhale, give yourself permission to go inwards, journey into yourself. Take the thought we just identified, allow that thought to come up for you as a visual. That might look like a young boy with a dunce cap on him. Or a really unattractive version of yourself. But whatever that negative thought is, allow it to come up for you in human or animal form as a visual. Really see it. Breathe right into it. Really connect with it and breathe into this negative thought or thought pattern. I want you to ask it how long it's been with you. Is it a new thought, or one that's been with you for a very long time? Ask it where it comes from. In other words, I want you to ask it who its role model is. Whom or what did it model itself on? Then I want you to ask this negative thought how it functions in your life. How does it express itself in your life? What are the actions that you take because of it? What are the feelings you feel because of it? What are the relationships you have because of it? How does this negative thought function in your life? And then, ask it what does it really want for you and what is it protecting you from? And then, as you inhale and exhale, if there's anything else you want to ask or know from this thought, ask it right now, whatever it is. You might simply want to say, is there anything else that you'd like me to know? Or if there's a specific question in there, go ahead and ask it right now. And then, just thank it for bringing itself known and present today to give

you wisdom, and let it go. Let it disappear for now. Then take two deep breaths, inhales and exhales. On your second exhale, when you're done with it, allow your eyes to open.

**---Draw the negative thought.**

It could be literal or abstract. But again, because those thoughts are firing off all the time so quickly, we want to separate them out a little bit. We want to be able to see them for what they really are. So make a drawing or series of a drawing of what it means to feel like I'm not enough, or I just can't do it, or whatever it is. Draw it.

The more you get to know your thoughts, the easier it will be to bring you to step three of the process of rewiring your negative thoughts, which is to consciously choose a different thought.

### **Step 3: Is it True?**

Is the thought actually true?

How do you know it's true?

Is it possible that it's not true?

Is it possible that it's not exactly true?

### **Step 4: What's the Higher Wisdom vs. the Lower Thought?**

In order to rewire the old thought, you want to have your new thought available. And the best new thought is one that comes from the SPIRIT level of learning and processing.

Bring in the Spiritual/Body/Heart (up until now, MENTAL): (And this whole step is really in the SPIRIT realm)

Examples:

What would Spirit want you to believe?

What does your highest wisdom want you to know about this?

How does this new thought FEEL? (Feel it in your body)

What would be different in your life if you believed this thought, body, mind, heart and soul?

-Who would you BE if you didn't cling on to this thought?

### **Step 5: Create the New Neural Pathway through Thinking New Thoughts and Taking New Actions**

The next step is to Practice Your New Thought. Practicing Your New thought literally enables you to create that NEW groove in your brain, the one that holds the positive thought. And remember – thoughts lead to things. So, you want to be grooving positive thoughts so that you can take positive actions. There are a number of different ways you can practice your new thought in order to groove it into a new neural pathway:

--You can visualize it

--You can write about it every day

--You can repeat it like a mantra and breathe it into every nook and cranny

Taking action is the outer component of practicing your new thought. It literally means to take action to begin to prove the new thought is true. For example, if your old thought was “My newsletter will never be successful” and your new thought is “I’m willing to believe I can have an informative and well-read newsletter” – what baby action step could you take right away around this? And what action step could you take after that? Being in aligned and balanced action can be a great antidote to your negative thoughts.

So when you think about your new belief, what are one or two baby actions that you could step into in this next week that would support this work? Write that down now.