

How to
**CHANGE
NEGATIVE
THINKING**

4 STEPS TO START THINKING
POSITIVE THOUGHTS

HOW TO CHANGE NEGATIVE THINKING

Use this guide to help you re-frame your negative thoughts into positive, more affirmative ones! Negative thoughts are part of life. Our minds use negative thoughts about ourselves and others as a way to keep us safe. WE have a protective ego that is afraid of anything unknown. So, it creates thoughts that keep us from venturing too far from the nest, as it were. But as we grow up, the negative thoughts we acquired through our childhood experiences can be restricting. Maybe you want to get fit but find you never follow through. Maybe the thought is “It is too much work” or “I will never succeed.” Negative thoughts like this keep us from growing and changing, and living the lives we desire.

Follow these four steps and the creativity exercise to rewrite you negative thoughts into more positive ones.

WHAT TO HAVE

— Pen

OPTIONAL

— Heavy paper, 5" x 7"

— Markers

WHAT TO DO

1. Find your negative thoughts

Start by thinking of something, a relationship, situation, or circumstance that cause discomfort or problems for you. It may be something that comes up often and seems to be a negative pattern. Write it below:

Now, imagine yourself in the above situation or pattern. Let yourself think about it as if it were happening to you right now and pay attention to how you feel. Then, look beyond the feelings to hear the thoughts that are running through your mind. Those are the negative thoughts that are making you feel bad. They are limiting you from living the life you deserve.

2. List your negative thoughts

3. Turn your negative thoughts around

Step two is to write a more positive version of your negative thoughts. You want to write something you can believe, though. So If the negative thought is I am a failure, changing it to I am a success is probably not believable quite yet. You would want to find a middle ground. Something like "I am starting to believe I can be successful" or "I am ready to allow for the possibility of success in my life" might feel true to you. That is what you are after, what feels true and believable and a bit more positive than the thought you are turning around.

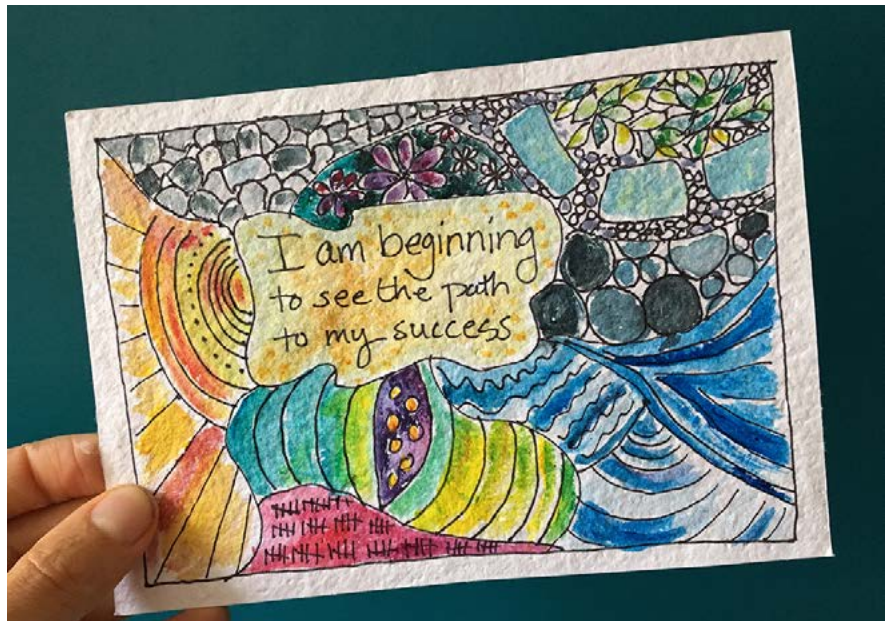
Some good ways to start are "I am starting to see (believe, think, know)..." "I allow..." "I invite..."

4. Develop awareness

Now that you know the situations or patterns that bring up your negative thoughts, what your negative thoughts are, and have the positive thoughts you want to replace them with, it is time to bring in awareness. This can be hard at first, so be patient with yourself. Pay attention to your emotions. If you notice you are feeling an emotion you identified in step 1, pause and trace it back to its source. What were you doing, and what thought pattern triggered the emotion? Once you know the negative thought, introduce your positive thought. You should feel some relief, some easing of the emotion.

MAKE A POSITIVE STATEMENT CREATIVITY EXERCISE

Creativity quiets mind chatter, so it is a wonderful way to focus your thoughts on something like a positive statement. You can complete this exercise in 5-10 minutes, or add more color and embellishment for a longer creativity experience. Either way, use the opportunity to work with your positive statement, repeating now and then as you are creating.



1. With a ballpoint pen, pencil, or fine tipped permanent marker or paint pen, draw a line all around your paper about $\frac{1}{4}$ " from the edge. Write your positive statement (I used a 5" x 7" a piece of watercolor paper and a black fine-tipped sharpie to write "I am be-

ginning to see the path to my success.")
2. Draw a bubble or other shape around your positive statement. Next, divide the space around the positive statement into panes by drawing lines from the edge to the line around the state-

ment, divide those spaces further if you like. Next, fill each area with a different pattern. As I doodled, a theme emerged unexpectedly. This happens in the art making process and is a great way to connect with your intuition or inner wisdom,. I saw stone pathways

leading into my positive statement, so I continued to fill in the spaces with things that reminded me of pathways through a garden. One section is filled with hash marks. This surprised me, but told me something about marking off time. Like a prisoner, serving a sentence, about to be freed.

3. If you want to keep creating, start coloring in the shapes. I used acrylic paints but you can use anything from food dye to watercolors to different colored pens, to crayons, to makeup! There is nothing you can do wrong.

NOTE: Creativity is great at revealing more of our negative thoughts! When they pop up, add them to your list for later!

4. When your art is done, find a place where you will see it at least 2x a day, like a bedside table or the bathroom mirror, so you can be reminded of it regularly. I like to work with a positive statement for 30 days before moving on to a new one. But trust what feels right for you!

JOIN THE CONVERSATION

Looking for a community of like-minded people to share creativity and support? Join us on Facebook in our private group The Soul Path Network.

[JOIN THE CONVERSATION ON THE SOUL PATH NETWORK](#)

Yours in creativity,

Larissa

ABOUT LARISSA



When an unexpected life change prompted me to seek the deeper meaning in my life, I began a journey to find my passion and purpose. It began with a pledge not to make any major decisions or changes until I was listening to the voice within. After several months, I had a dream that told me to use painting to heal myself and envision my future. I began sketching that day and immediately

experienced the power of creativity to still my mind. Further exploration led me to the discovery of intentional creativity, and certification as a Creatively Fit Coach. Now, I passionately share this process I call Soul Path Art with other souls ready to discover their deepest inner wisdom, quiet the inner critic, release old stories, break through barriers, and live their dreams.