

Do The Opposite: Exchange Negative Thoughts

Instructions

The following exercise is provided as an aid to assist you in identifying and becoming aware of your Negative Thought Patterns so you can begin to exchange them. Make sure that you allow adequate time to be still and quiet to avoid distractions.

The thoughts may come in keywords, phrases or feelings instead of complete sentences. If so, write down what you hear and turn them into complete sentences later.

It also may take several settings before you complete all the questions. It's better to take your time and do a thorough evaluation instead of rushing through.

Your Negative Thought Patterns didn't develop overnight. They aren't going to disappear overnight.

The followings questions to help you begin journaling your thoughts on a daily basis. Journaling is a very important element in calming your Inner Critical Voice and in beginning the healing journey for your Wounded Inner Child.

Questions

When I evaluate my thoughts, I realize that I need the most attention with the following Negative Thought Patterns...

When I evaluate my Negative Thought Patterns, I see that they have caused me to believe these things about myself...

When I evaluate what I believe about myself, I see that these Negative Thought Patterns cause me to behave in this way...



When I listen to the language I use in conversations, I see that my language is affected by my Negative Thought Patterns in this way...

I realize my Negative Thought Patterns and language are:

Negatively affecting how I treat myself in these ways...

Reflect the past rather than the present or future in these ways...

Affecting my overall mental and physical health in these ways...

Affecting my work/career in these ways...

Affecting my relationships in these ways...

Affecting my overall lifestyle, how I spend my time and my abundance...

When I evaluate the Negative Thought Patterns that go through my mind, I realize that they are affecting my emotional life – joy, satisfaction, love, happiness, fulfillment – in these ways...

My Negative Thought Patterns are affecting my spiritual life in these ways...

Now that I have become aware of how my Negative Thought Patterns have affect my relationships, health, work/career, lifestyle, emotional and spiritual life, I know what matters most to me and what I need to begin changing right now...

If I were going to improve my thoughts on an ongoing basis, I will have to start...

The three thoughts/habits that I could begin to change immediately in my life every single day would be...



Site quietly, relax and get a vision of what this next season in your life looks like. Keep persevering until the whole picture emerges. Write down what you see.

I am moving into, a new season, calling, revelation, response, role, or something else...

DO THE OPPOSITE:

Now that you have a list of your Negative Thoughts, find the opposite for each negative thought.

Example:

- People need to change for me to be happy.
 - o My happiness doesn't depend on anyone else.
- I worry about everything.
 - o I am changing my worry into the peace that God gives.
 - o Phil 4:7 "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
- I'm always wrong.
 - o I made a mistake. It's okay. I fully and completely accept myself, just as You, Jesus, accept me.