

Negative Thoughts and Emotions

What predominates in your thoughts? Do you think about your problems incessantly or do you concentrate your thinking on finding a solution?

Too often we serve our thoughts. How do we do that? By allowing our thoughts to run rampant; to allow them to roam wherever they will. Unrestrained thoughts bring unrestrained actions so train your thoughts to obey you. Like children, your thoughts need parameters so don't allow your thoughts to take charge of your life. When they get out of hand they will immediately move to the negative side of any situation and cause you to worry and give way to fear. When your mind is in this realm you cannot think clearly and your reality becomes clouded.

Our thoughts will always reflect how we see ourselves as a person. For example, if your childhood was a challenging time you may have low self-esteem and lack confidence in yourself. You may look at the world from a depressed perspective, making excuses about your actions or lack of action and blaming others for your own mistakes. Then again, you may have a mentality which says the world owes you something.

Much of your thought life may be involuntary and what you say is a result of that thought process. You may say things you didn't mean to say in the heat of the moment during an argument and then later stop to think why you reacted so quickly. Your thoughts would have been on automatic pilot and if hurt by something someone else said your negative frame of mind would have reacted immediately, possibly inflaming the situation. Conflict never resolves issues; it merely agitates and polarizes them. If you had had your thoughts under control you would have dealt very differently with the situation and most likely there would have been peace. There is a saying, "A gentle answer turns away wrath but a harsh word stirs up anger".

A negative attitude of mind will always bring you misery and can be the beginning of a stressful life. Negative thoughts will always breed strife which raises stress levels and can lead to depression and bitterness. When negative thoughts drop to this level, reasonable thinking cannot exist and the person becomes more and more introverted, wallowing in a world of self-pity. All this dysfunctional thinking will cause chemical reactions in the physical body and illness can be the result.

It is vital to switch off the negative charge and train the mind to convert its thoughts to a more positive and happy level of thinking. As thoughts change there will be better health, less stress and a more balanced lifestyle. Listen to your thoughts and if any of the above examples resonate with you make an effort to lift yourself out of the mire of negativity and make positive changes to your thinking.

Our thought patterns have a tremendous impact on our lives. If you are thinking your world is no good and that you have no hope for the future, you are allowing your thoughts to control who you are. If, however, your thinking is positive and creative you

will be aware that your actions are a result of your thoughts and you will remain in control. There will be a clear pattern running through your life – nothing is by chance. Listen to what you are thinking and saying and see if there is a negative or positive pattern to your thinking. Whatever pattern you observe you will also see the results you are creating for yourself. A negative pattern forms negative results and a positive pattern forms positive results. It cannot be any different. Whatever thoughts you have will have corresponding actions.