

A young woman with dark hair, wearing an orange headband and a white tank top, is smiling and looking down at a large, vibrant bouquet of flowers she is holding. The bouquet includes pink lilies, yellow and orange daisies, and blue flowers. The background is a soft, out-of-focus indoor setting.

*think
and
grow
happy*

5 STEPS TO MANAGE
NEGATIVE THINKING

BY TANGIA ELIEFF, LCSW



DO YOU FEEL SAD OR *MISERABLE* ABOUT LIFE?

- Are you stressed out and unable to relax?
- Do you really want to live the life you've always wanted, but have no clue where to start?
- Are you worried about your future? Do you feel tired, fatigued?
- Do you lack the motivation to do everything?

Well, everyone feels down at times. In fact, toxic and negative thoughts seem to be taking over our lives causing us to feel unworthy, hopeless, sad, frustrated, scared, and nervous. Rocky relationships, work stress, financial hardships, rebellious children, sickness in our bodies can be responsible for sadness.

Sometimes, you can be in low spirits for no apparent reason. If you're never satisfied with what's going on in your life, then it's time to change your thoughts and your words. If you feel that you're the only one suffering from negative thoughts and are experiencing stress in your relationships, or your social life, or your work, well, you are not alone.

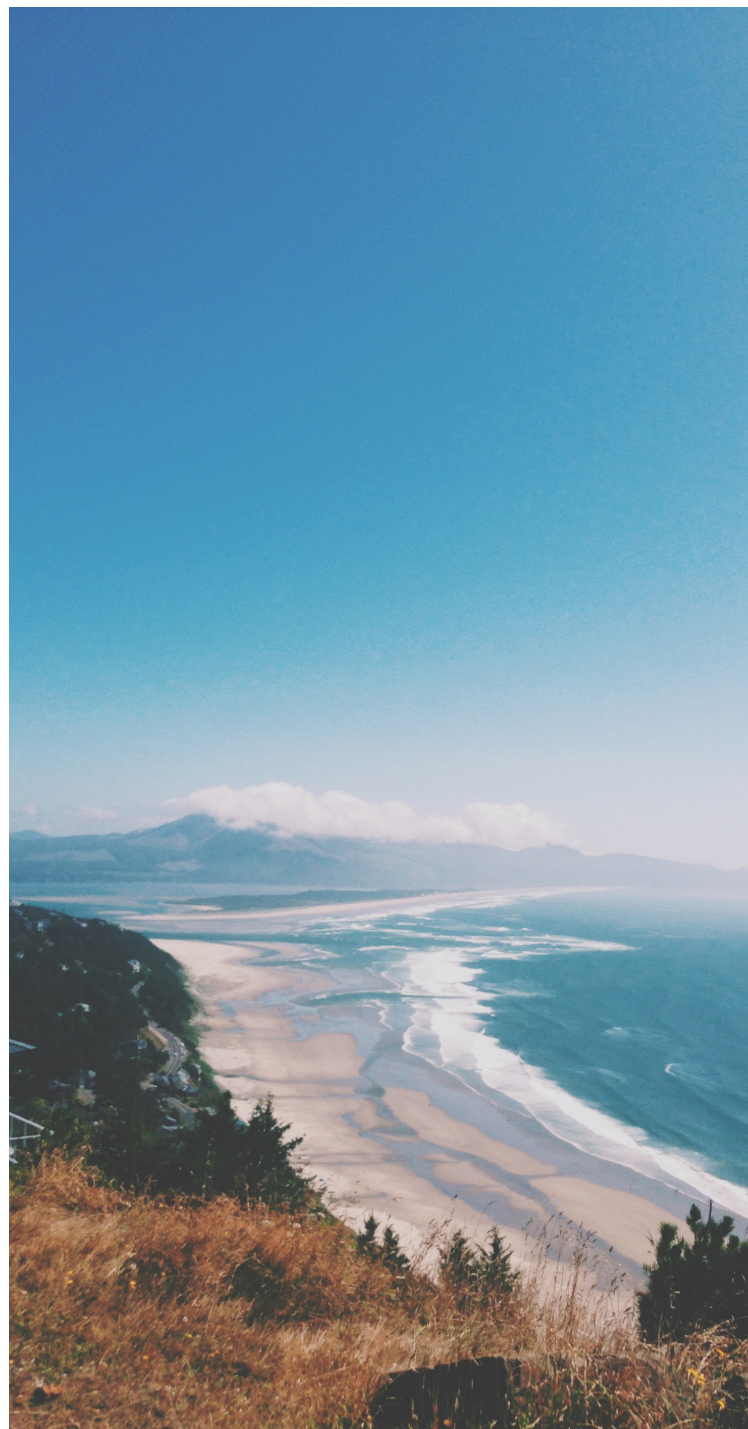
SEE THE POSITIVE SIDE AND MAKE AN EFFORT TO CHANGE YOUR THOUGHTS

The sad fact is that most negative thoughts and emotions emerge from fear of the unknown, past regrets, trauma, or guilt. What's worse is that if these negative feelings and emotions go unchecked, they can cause severe damage to your physical and emotional wellbeing.

According to the American Institute of health, it has been estimated that 75 - 90% of all visits to primary care physicians are for stress related problems and this includes anxiety disorders, OCD, PTSD, social phobia, panic disorder, and separation anxiety. What's shocking is that anxiety is by far the most commonly diagnosed disorder in American population especially among the younger generation.

Well, all this is not written to scare you in anyway. Yes, there is some good news. Now you no longer have to live with negative thoughts or whatever comes to your mind.

Although we are not aware of it, but your mind is always on the go. That's right. Our brain is constantly making up stories, labeling experiences, and thinking about past events. Although we are not aware of it, but your mind is always on the go. That's right. Our brain is constantly making up stories, labeling experiences, and thinking about past events.



QUICK TIP

TAKE A MOMENT RIGHT NOW AND ASK YOURSELF
"WHAT WAS I THINKING ABOUT?" YOU'LL BE
AMAZED TO SEE THAT YOU WERE THINKING ABOUT
ALL SORTS OF HORRIBLE THINGS

WHAT YOU NEED TO REMEMBER IS THAT IF YOU
DON'T CONTROL NEGATIVE THOUGHTS AND
EMOTIONS, YOU CAN NEVER BE HAPPY ABOUT THE
DIRECTION OF YOUR LIFE. BUT THE QUESTION IS
HOW CAN YOU CHANGE YOUR THOUGHTS? WHAT YOU
NEED TO REMEMBER IS THAT IF YOU DON'T
CONTROL NEGATIVE THOUGHTS AND EMOTIONS,
YOU CAN NEVER BE HAPPY ABOUT THE DIRECTION
OF YOUR LIFE. BUT THE QUESTION IS HOW CAN YOU
CHANGE YOUR THOUGHTS?



POSITIVE SELF-TALK LISTEN TO YOUR INNER VOICE

It's not surprising to hear a faint voice coming from inside your head from time to time. In fact millions of thoughts, images, and emotions would race through your mind on a regular basis. To be happy, you need to first understand how your thoughts are shaped.

Think about it this way. It's safe to say that the majority of your thoughts and emotions are results of your past experiences, childhood memories, familial dynamics, environment, social interactions, traumatic events, music, television shows, and discussions with friends and colleagues. Also, remember that thoughts, feelings and behavior are closely related to each other.

For example, if you think, "I'm not good enough" you are more likely to sink into depression and social withdrawal. Furthermore, when you are alone, isolated and depressed, you will carry on thinking negatively and this vicious cycle starts to increase and is very difficult to break.

The thoughts that appear inside your head are actually the words you say to yourself. You can have positive or negative thoughts each day depending on how you analyze the situation. The bottom line is that you feel sad, lonely, or hopeless when you EXPECT bad things to happen. On the other hand, you can be happy when you change your perception of your situation, become more optimistic, and be in great expectation of something wonderful happening!



5 Easy Tips to Beat Negative Emotions and Thoughts

Below, I have come up with 5 simple and healthy tips that will help you get rid of negative thoughts instantly.

Tip #1: Challenge your Negative Thought!

Instead of assuming that what you're thinking is true, analyze the situation from a neutral perspective. Simply put, you need to ask if the thought is based on logic or facts or your brain has made this up.

Ask yourself what is making you think negatively and understand that what you think doesn't mean it's true or that it has to happen. For example, having an argument with your boss and thinking that he will fire you doesn't mean he will! To deal with negative thoughts, come up with positive statement that can remind you how you can cope with situation. Also, say something positive about yourself and your abilities.

For example, if you feel you can never do anything right, create a list of at least 7 things you have done successfully, and send yourself a voice mail, text or email reminding yourself of these things. If you are struggling to create this list, ask a trusted friend, family member, coworker, or someone who knows you well, to help you think of things you have done well.

Once you've looked up the evidence, try to come up with a more positive, balanced thought. This will surely make you feel better.

Tip #2: Create Alternative Explanations

A negative mind likes to make a situation more complicated by assuming the worse possible outcome. So instead of believing whatever comes to your mind, ask yourself - am I making assumptions?

The ability to overcome mental ruminations and defeat the irrational thoughts in your head is to realize why you are upset. Making attempts to understand what is bothering you will help to start uprooting any unwanted thought or feeling. It is always easier to come to terms with something when you understand it.

It also will help you identify what factors or circumstances are causing triggers to these nasty beliefs that continues to cause you problems.

Instead of saying that I'm a loser, I will never be able to do it, say...Well just because I didn't get this job, doesn't mean there isn't a better positions out there that suits my needs more abundantly than I could ever imagine.

Then remember successes in your life that demonstrated victories in situations in which you originally thought were hopeless. Simply practice looking at the balanced way of seeing things.

Tip #3: Adapt Learned Optimism

Negative thoughts tend to have 'a glass half empty mentality' towards everything. It is very hard to observe the good side of any giving situation, and negative thoughts will do everything they can to keep you focused on what went wrong. Yes, they don't allow you to see the bright side of things.

If your head is filled with negative thoughts, do not allow yourself to personalize any situation or allow yourself to be labeled based on an undesirable event.

Tip #4: Use Kind Words

Positive speech is one of the quickest ways to stop negative thoughts before they takeover your life. Did you know that you cannot, think and talk at the same time? Try it. If you want to shut down that nagging inner voice in seconds...SAY SOMETHING. But be careful to not "say" the negative thought. Instead, replace it with a positive affirmation, scripture, or motivating words.

For example, if you are thinking that "I am utterly useless and don't know what I'm doing," say "I am intelligent and I always know how to find the answers to my questions every time (in a loud voice so that you can hear yourself) instead." Remember words have power, so use them wisely.

Tip #5: Engage in a Joyful Behavior

As your negative thoughts try to take control over you day, simply distract yourself with an activity. This can be any healthy activity that is going to make you feel good, and is not harmful to yourself or loved ones.

For example, you can take a walk through the park and take pictures of the scenery. You can watch a funny movie, cook a nice dinner, go dancing, sing, or listen to music. Just be mindful about what you're doing or who you're doing it with. Also, stay away from negative people - those who hold you back.

Remember, if your friends have nothing positive to say, it's wise to replace with more positive people.

In a nutshell, what we believe, how we feel, and what we do is a result of our thinking. We can't always control our situation or what happens to us, but we can control how we perceive them and ultimately manage our reactions to them. So learn to honor your emotions and thoughts and do not let them control you. Remember this is one key to be happy.



ARE
YOU
READY?



I want to personally invite you to join me for a luxurious, beautiful, and intimate women's retreat in Tamarindo, Costa Rica from August 24-August 29th 2017.

On this 5-day retreat, you will learn how to let go of unwanted thoughts while residing in this gorgeous 8 bedroom ocean front Balinese inspired Villa.

Send me an email at:
honoryouremotions@gmail.com
for more information.

DISCLAIMER



DISCLAIMER

Thank you for choosing to work with Honor Your Emotions, INC. This book is not intended as a substitute for a Licensed Psychotherapist, Psychologist, or Psychiatrist. The reader should regularly consult with a qualified mental health professional in matters relating to his/her mental health, particularly with respect to any symptoms that may require diagnosis, medication, or medical attention.

This E-Book does not guarantee any specific results after adhering to the therapeutic tips. It is also important to note that all results can vary, since YOU are the only one who can possibly guarantee your success. The advice provided in this E-Book is intended to be educational in nature, offering emotional support, and encouragement to the reader.

Tangia Elieff, CEO of Honor Your Emotions, INC is a Licensed Psychotherapist who specializes in Cognitive Behavioral Therapy, Mindfulness, Solution Focused Therapy, and Christian Based Spirituality. She also has a wealth of life and counseling experience, should you decide that you would like to work with Honor Your Emotions, INC in the future. If you have any feedback, questions, comments, or would like to book a session, please feel free to contact us at honoryouremotions@gmail.com.