



Sacred Depths Certification

Understanding Negative Thought Patterns

“ *Even though negative thoughts are in your head, they have a huge negative effect on your actions and on your experience.* ”

Negative Thoughts are Normal

- For some people negative thoughts come before starting work on a project or goal.
- For others the negative thought comes when they start to move forward or create results. They come crashing in as a response to the forward movement.
- For still other people negative thoughts happen at every stage of a project.
- When experiencing negative thoughts, it is like a very persistent voice inside your head inside your head wants to tell you that what you're doing isn't enough; or that you aren't enough; or that you're not doing it the right way, or [insert any negative thought].
- When you tell yourself these sorts of messages, you (or your client) are more prone to give up, overwork, or make a decision that is not aligned. Or you end up in a constant state of anxiety.
- Whether you realize it or not, your everyday thoughts has a massive effect on your success, your happiness, and your health.

Negative Thinking Patterns

- These are thoughts or internal recordings or messages that persistently or semi-persistently run through mind and hurt you in some way.
- Negative thinking patterns are not necessarily good or bad.
- The better question is are these thoughts helpful? Or unhelpful?
- If they are unhelpful – i.e. stop you or your client from taking action, if they cause anxiousness, if they initiate self-sabotage – then you want to work through them and eliminate them or being in the process of eliminating them/working better with them.
- Negative thinking patterns can also show up as catastrophic thinking. As if you are thinking the worse. For example, “I’ll never be able to do this”, or “that terrible thing is absolutely going to happen.”

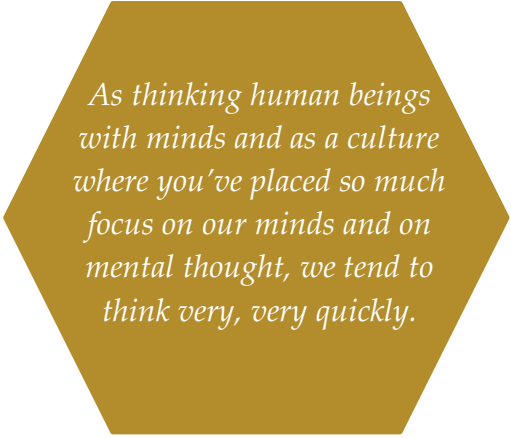
Ways Negative Thought Patterns Show Up

1. Catastrophic Thinking

- Thinking the worse or imaging a worse-case scenario. For example, “I’ll never be able to do this.” “[that terrible thing] is absolutely going to happen.”
- Catastrophic thinking is often tribal, meaning it runs in families or cultures/communities.

2. Inaccurate Stories

- Sometimes, our thoughts come so quickly, they cause damage even before our higher wisdom get to detect what thoughts are being generated.
- This can make it hard to even notice negative thoughts or to even be consciously aware of them.
- The end result is you keep thinking the negative thought over and over again without catching it. Eventually, you begin to accept that negative thought pattern as truth and you take action based on it. However, most negative self-talk is inaccurate. The thoughts are simply not true.
- There may be a kernel of truth in there but overall, they are not true. It’s important to distinguish between what is true and what’s a story/inaccurate.



As thinking human beings with minds and as a culture where you’ve placed so much focus on our minds and on mental thought, we tend to think very, very quickly.

3. We Stew

- We get stuck repeating negative thoughts over and over again.
- This keeps us in a holding pattern where it’s easy to continue on and on and on to think those negative thoughts instead of brainstorming solutions for moving through a problem that triggers the negative thoughts in the first place.
- Negative thought patterns can also support someone in feeling self-righteous angry or frustration either at self or others.
- It’s easier to be angry or blame yourself or someone or something else than to actually strategize and move out of the problem that you’re having.

The Pain Body*

- The pain body is your ego, and your ego is essentially your negative thoughts.
- Your pain body or ego is addicted to being in pain. Your pain body will do whatever it takes to remain in the energy of pain.
- We are addicted to/gravitate towards pain than to pleasure. Unless there is trauma involved, the way we gravitate towards pain is mainly through our negative thoughts.
- We can learn to override this as we look at our negative thoughts.

**The concept of the Pain Body is from Eckhart Tolle’s The New Earth*