

# Negative Thoughts Are Normal

*Helpful or Unhelpful?*

Our thoughts have a significant effect on all aspect of our lives.... which is why, this module is designed to support you to lead your clients to re-wire their UNHELPFUL negative thought patterns

# Negative Thinking Patterns (NTPs)

*WHEN?*

When might NTPs show up?

- Before starting work on a new project or goal
- In response to forward movement
- All along the way

*HOW?*

How might NTPs show up?

1. Catastrophic Thinking
2. Stories
3. Stewing

# How the Brain Works\*



## Neuroplasticity

The brain is malleable, it is able to update patterned thinking  
*(the flip side is that if we think a thought over and over again,  
we are grooving it in deeper)*



## Neural Pathway

When you have a thought, your brain creates a physical groove – a fast track to that particular thought

\*Based on the work of Norman Dodge, MD  
Book recommendation: "The Brain that Changes Itself"

# Five Steps to Re-Wire Negative Thought Patterns

## Brief Overview

In Part II of Re-Wiring Negative Thought Patterns, we'll go deeper with the process. For today, here are the at-a-glance steps:

1. Identify the Negative Thought
2. Explore the Negative Thought
3. Consciously Choose a New Thought
4. Connect with Higher Wisdom
5. Create the New Neural Pathway

# Common Cognitive Distortions\*

We'll discuss some of these today. You'll find more details on these common cognitive distortions in the handouts

- All or Nothing Thinking
- Mental Filtering
- Disqualifying the Positive
- Jumping to Conclusions

- Fortune Telling
- Emotional Reasoning
- Labeling
- Personalization

\*Based on the work of David Burns, MD and his book, The Feeling Good Handbook