



Sacred Depths Certification

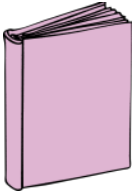
The Five Steps to Support Clients to Re-Wire Negative Thought Patterns

*To rewire Negative Thought Patterns, we
must first acknowledge that our mind is
incredibly powerful*

How the Brain Works

Understanding how the brain works is important when it comes to moving beyond negative thought patterns because your thoughts physically shape your brain

- Your brain is plastic/malleable. When you have a thought, your brain creates a physical groove or a fast track inside of it with that particular thought.
- The thought carries a certain energy, and that energy creates a groove in your brain. This is called a neural pathway.
- A neural pathway is created every time you have a new thought. The more you think a certain thought the deeper that thought gets groove into the brain, changing the make-up of the brain itself
- Once a groove has been created, the brain doesn't want to go through the trouble to create a new groove or a new idea. It doesn't want to think a different thought even if that thought would be more useful to you.
- The brain is much more prone to go down the already paved neural pathway.
- The work is to override the brain's laziness and create new, more helpful neural pathways instead of the ones that are just our MO or go-to's.



Book Recommendation:

The Brain that Changes Itself by Norman Doidge

Some Steps to Re-wire Negative Thought Patterns (These don't need to happen linearly)

Step 1: Identify the Negative Thought

Often times your negative thoughts happen so quickly or persistently that you don't even notice you're having a negative thought. You just think it's the truth or that it's the way things always need to be.

That's why it's so important, first and foremost, to become aware of **when** you're having a negative thought and to **Identify the Negative Thought** right then and there. This process of identifying your negative thoughts allows you to begin to see the difference between truth and story.

Categories of Common Cognitive Distortions *(from David Burns' The Feeling Good Handbook) These categories can help you identify when a negative thought pattern is showing up for you or your client.*

1. All or Nothing Thinking – evaluating people or situations in black and white terms
2. Mental Filtering – letting a single negative experience negatively color the whole situation
3. Disqualify the Positive – taking a neutral or positive experience and turning it into a negative one
4. Jumping to Conclusions – quickly jumping to a negative conclusion that isn't justified by the facts of the situation. You assume why someone does what they do but you don't bother to check it out to see if it's true.
5. Fortune Telling – you just “know” things are going to turn out badly
6. Emotional Reasoning – taking emotions as evidence for the truth. If you feel that something is right, then it must be true. This is different than tapping into your inner wisdom. This is more when you're feeling something because of fear not because of your inner wisdom.
7. Labeling – identifying a mistake or negative quality and then describing an entire situation in terms of that quality.

8. Personalization – taking responsibility for a negative event when you know the circumstance is beyond your control.

Some questions you can ask your clients to help them **Identify the Negative Thought** that is standing in their way of a goal:

- What's the belief that's holding you back right now?
- What's the belief underneath the fear you're experiencing?
- What's the story you're telling yourself about this situation?
- What's the thought that is stopping you in your tracks right now?

You can also use Mirroring, Reflecting & your other Creating Awareness Skills to help clients Identify the Thought.

Deeper Dive

- > What are the most common negative thoughts that you have? Make a list of the top 3-5 that are your go-to Negative Thoughts?
- > Which category do they typically fall into?
- > What else are you noticing about your Negative Thoughts?

Step 2: Have compassion for the part of yourself that holds the thought

For anything to be willing to change, shift, or soften, it must feel seen, heard and loved. While it is not as helpful to “love” on the unhelpful belief itself, it IS helpful to see, hear and love the part of you that is holding the belief.

You can do this through regular discussion, or, if your client is open to it, you can begin to lead your client into the somatic part of the process. You can help them have compassion for the part of themselves that holds the thought by sharing:

- If it's comfortable for you, close your eyes, and if not, keep your eyes open and go inwards
- Connect in with the part of you that believes the belief, and bring it down in front of you in human or animal form
- Connect, hold space, have compassion for....not for the belief, but for the part of you that believes it
- If you are able to see it, see this part of you as you hold space for this part of you...and take in its details. Notice what it looks like. Notice the expression on its face and how it holds its body. Notice it's energy.
- Note: Some clients are not able to visualize. This is more than OK! Normalize it and

guide them to connect in with the energy)

- Continue to have compassion for this part of you that has been believing this unhelpful belief

Step 3: Explore the Negative Thought and How it Came to Be

When doing the visualization with a client, mold your questions based on what comes up for client as they answer the questions. As always, stay present. Reflect. Listen Deeply. Keep your client firmly rooted in their CURRENT resources versus the “there and then”. (Step 2 really helps with this too because compassion and love are rooted in the resources of the Here and Now.). Listen for signs of dysregulation and be prepared to pull back if necessary.

It can often be very helpful for a client to make connections, connect dots, and see where a particular belief originated. As they connect with the part of themselves that holds the belief, you can ask questions like:

What purpose have you served in my life?
How long have you been with me?
What event or series of events brought you into being?
Is there someone whom you’ve modelled yourself on?
What are you protecting me from?
What else would you like for me to know?

IF YOU ARE NOT USING VISUALIZATION & SIMPLY “DISCUSSING”, HERE ARE SOME OTHER EXPLORATORY QUESTIONS YOU MIGHT ASK

- How invested are you in continuing to believe this thought? *(Ask at the beginning and end.)* •
- Who would you be betraying if you were to think differently/positively here? •
- Who would you need to forgive if you were to change pattern here?
- How do your negative thoughts protect you?
- How does this negative thought protect you from taking action or responsibility? •

You can also ask any of the questions from the Visualization, above.

Step 4: Consciously Choose a New Thought

To get to the point where you can choose a new thought, you first want to support your client to

question the Negative Thought. This will inherently happen if you are Re-Wiring via visualization. If you are not using visualization, but instead “discussing”, you can ask:

- Is the thought actually true? (Or, on a scale of 1-10, how true is the thought really?)
- How do you know it’s true?
- Is it possible that it’s not true?
- Is it possible that it’s not exactly true?

Remember, only use Yes/No questions when you sense your client is ready to affirm something important to themselves. After the exploration that has been done, your client may be ready to see what’s really true about the negative thought.

Deeper Dive

- > What are you learning about this negative thought?
- > How has the “truth” of this old thought been holding you back?

Step 5: What’s the Higher Wisdom or a More Helpful Thought? In order to Rewire the old Negative Thought (or the old neural pathway), you want to have a New, more helpful Thought available, in order to create a new neural pathway.

- What would Spirit want you to believe?
- What does your highest wisdom want you to know about this?

Deeper Dive

- > Think about the thought you’ve been working with, what’s the higher wisdom that you have about this thought?
- > What’s a better thought to have in this situation?
- > What’s a more helpful belief?

Step 5: Anchor the new thought in the neural pathways and in the feeling body

Now that the new belief has been identified, make time and space for your client to really anchor it in on the neural pathway level and the body memory level:

- Take it slow, let it drop in. Lean into this belief. Where in your body does this more helpful belief live? What does it feel like?
- What more does this new belief want you to know?
- Continue to lean in
- Let this new, more helpful belief show you what actions are possible for you to take in

your life when you believe it...if you can visualize, SEE yourself taking this action AS YOU BELIEVE this new BELIEF....

- Notice what it feels like in your body as you take this action....
- Make a body memory of what this feels like
- Come back to the part that was holding the old belief, as if there is anything it needs from you right now. If there is something it needs, and you're willing to do it, let it know. If you're not willing, negotiate something else. And then thank the part of you for showing up.

Create the New Neural Pathway through Thinking New Thoughts, Feeling New Feelings, and Taking New Actions

The next step is to Practice Your New Thought to **Create a New Neural Pathway**. Practicing your New Thought literally enables you to create that NEW groove in your brain, the one that holds the positive thought.

Remember – thoughts lead to things. So, you want to groove positive thoughts so that you can take positive actions. When you groove new thoughts, you take different actions. Or sometimes, you take the same actions but now you take them more easily.

The goal is to really be present with the New Thought. BE with it not simply repeat it like a parrot. There are a number of different ways you can practice your new thought in order to create a New Neural Pathway:

- You can visualize or dialogue with the new thought. Persistently and consistently; this is more than a one-time deal.
- You can come back to the last image in the visualization and feel it
- You can write about it every day.
- You can repeat it like a mantra and breathe it into every nook and cranny.
- Collage it and connecting with the collage every day.
- You can do ritual with it

The more you practice, the easier it will be to catch or identify the negative thought when it shows up. In the moment you notice the negative thought, immediately replace it with the new thought.

To really create the new neural pathway, it's not enough to just think the new thoughts, taking action is also required. Taking new actions, based on the new thought, is the outer component of practicing your new thought. It literally means **to take action to begin to prove the new thought is true**.

Being in aligned and balanced action can be a great antidote to your negative thoughts.

Deeper Dive

> When you think about your new thought, what are one or two baby actions that you could take this next week that would support this work? Write that down now. > What shifts for you as you consider taking this new action(s)?