



# Sacred Depths Certification

## Rewiring Negative Thoughts Self-Quiz

1. When might a negative thought show-up for a client?
  - a. Before starting work on a project or goal
  - b. When they start to move forward or create results
  - c. In response to forward movement
  - d. At any stage along the way of a project
  - e. All of the above

2. What is a possible outcome of believing negative thoughts?

3. Rather than thinking of negative thinking patterns as good or bad, what is a better way to consider them?

4. A \_\_\_\_\_ is created every time you have a new thought. The more you think a certain thought the deeper that thought gets grooved into the brain, changing the make-up of the brain itself.

*1. E. All of the above 2. The client is more prone to give up, overwork, or make a decision that is not aligned. Or end up in a state of constant anxiety 3. A better way to think of it is whether the thoughts are helpful or unhelpful 4. Neural pathway*

5. What is one way to explore negative thoughts with a client?

6. T/F: It is enough to simply THINK a new thought when replacing negative thoughts?

7. What is necessary to create a new neural pathway in the brain?

8. What is the value of bringing in the spirit, body, and heart levels of learning when rewiring a negative thought?

*5. Visualization; ask exploratory questions; draw the negative thought; movement through the negative thought; or dialogue with the thought. 6. False. It's not enough to just think the new thoughts, taking action is also required. 7. Thinking new thoughts, feeling new feelings, and taking new actions. 8. Bringing in the spirit, body and heart levels helps build investment in the thought. Rewiring negative thoughts requires persistency and consistency. It takes commitment and the client will be more likely to commit if they are invested in it.*