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Writing and Destroying If your negative thoughts are linked to a specific strong emotion like fear, anger or jealousy, try letting them all out in writing. Use a pen and paper, and really express all of that pent-up negativity. You can then choose a way of destroying this paper, symbolizing your commitment to moving on.

Here are 5 excellent techniques to eliminate negative thinking. With practice, these techniques will eventually become second nature for you.

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Eliminating Negative Thinking 1 Identify your negative thoughts. Some might immediately spring to mind, but if you have trouble pinpointing them, consider journaling.

5 Techniques to Eliminate Negative Thinking - Mind Power

10 Ways to Remove Negative Thoughts From Your Mind

However, if you say, 'My health is good' then it will become good. If you say 'My health is bad' then it will become bad. So you will become what You envision (chintavan). Good things get ruined by speaking the opposite; similarly by speaking good-saying positive about the negative-the bad things improve.

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By reading this book, you will discover how to end the habit of negative thinking, by harnessing mindfulness and other positive thinking techniques. After reading Remove Negative Thinking, you will be able to: - Recognize and remove your negative thinking patterns throughout the day - Reframe how you see the world - Connect to your passion and purpose - Focus on abundance and live in the now - Move outside your comfort zone - Stay motivated and surround yourself with positive people

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Practice mindfulness, being present in the moment. Concentrate on what's happening around you to distract yourself from the negative thoughts. Cultivate a sense of awe and gratitude. Connecting to things that are bigger than you, than all of us, is a natural way to counter negative thoughts and anxiety (Flora, 2016).

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1. Read it out There has been a trend for celebrities to read their negative social media tweets out loud, and when you... 2. Tell a joke or funny story Laughter always moves you to a better mindset. Smile, tell a joke, or remember a funny... 4. Breathe Calm your thoughts by taking three deep ... Reframe your negative thoughts. When negative thoughts pop up, don't automatically believe this pessimistic, critical, and unhelpful self-talk. Isolate the negative thought (such as "I bombed that test") and reframe it so that it is positive, supportive and encouraging ("It's too early to tell. I probably did better than I think.")

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