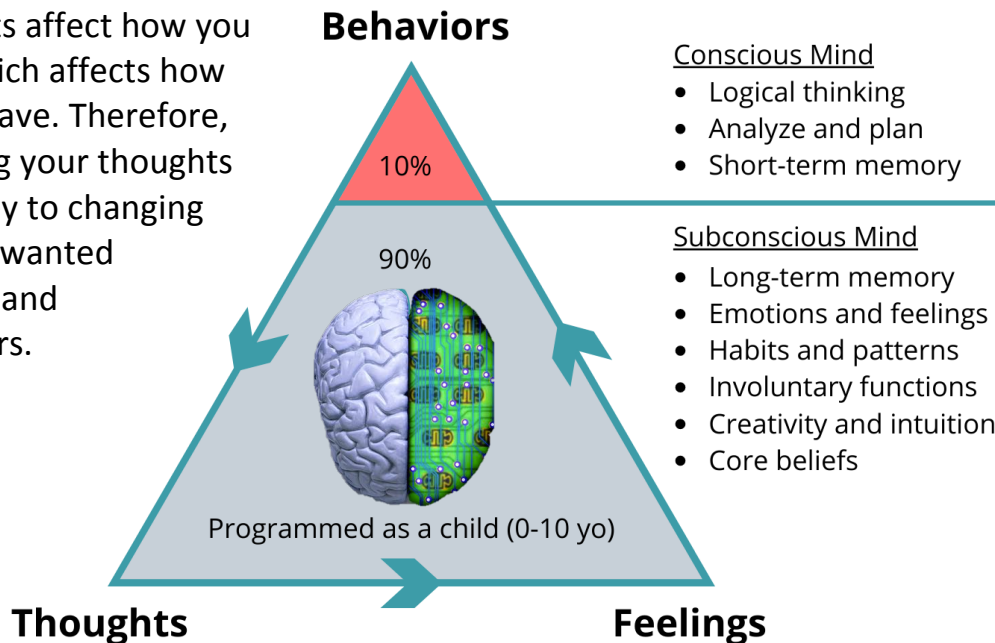


# THE IMMENSE POWER OF THOUGHT

Thoughts affect how you feel, which affects how you behave. Therefore, changing your thoughts is the key to changing most unwanted feelings and behaviors.



---

## WHAT IS A THOUGHT?

- A thought is an electrical impulse sent between neurons in the brain of information you have gathered and recycled.
- Thinking the same thought repeatedly strengthens the neural connections until it becomes an automatic habit of thinking.
- On average, your brain will produce 25,000- 80,000 thoughts per day.
- 95% are REPEAT thoughts (the same as the days before).

Your **brain's job** is to **produce thoughts**, releasing thousands of chemicals every second.

**YOUR JOB** is to **pick the thoughts you'll keep and listen to, and which one's you'll discard and ignore.**

Remember, you are not your thoughts. Just because you have a thought doesn't mean you have to act on it. You ultimately get to empower yourself to choose.

# HOW TO BEGIN TO CHANGE YOUR UNHELPFUL THINKING PATTERNS...

## **A. Become aware of your most common thinking errors through the practice of mindfulness of thoughts.**

Follow the [Guided Meditation\\_ Mindfulness of Thoughts \(Audio\)](#) to begin practice observing your thoughts without *reacting* to your thoughts. When you observe a thinking error, label it as such and thank your brain for doing it's job. Then do your job by choosing a new thought that *is* what you'd prefer to think. Refer to the [Upgrade Your Thinking Errors](#) worksheet for a list of common thinking errors.

## **B. Reframe your thinking to be more accurate or better feeling thoughts.**

What would you tell a friend or loved-one if they said the same thought you're thinking? It's time to start acting like your own best friend and begin to speak to yourself with the same truth, love and compassion you speak to others. Refer to the [Upgrade Your Thinking Errors](#) worksheet to create your own list of positive thought reframes for yourself. Reach for the best feeling thoughts you can find!

## **C. Practice daily affirmations to create and strengthen new neural patterns of thinking.**

What you repeatedly think over and over and over again eventually will become a deeply engrained unconscious and automatic habit of thinking. Chances are you've thought the same negative thoughts since you were young, so it will take time and practice to make a more positive way of thinking automatic and your norm. Refer to the [Daily Self Affirmations Audio](#) that you can listen to as examples of new positive thought patterns to install in your brain.

## **D. Practice tapping on unhelpful thoughts you want to change.**

Sometimes you may have unhelpful thoughts that you really believe in the moment are true, or that you feel tempted to listen to. It's common to have two voices that are in conflict about what you should do, and the voice that says "Binge!" or "eat more!" can sound louder and more convincing than your wise self that says "don't." In these moments, try tapping on the inner voice and specific thoughts you hear, or follow along with [Tapping Script/Audio\\_ Tapping Errors](#).