

8 WAYS TO HANDLE NEGATIVE THINKING

by Suresh Mohan Semwal

Let's Swipe Right

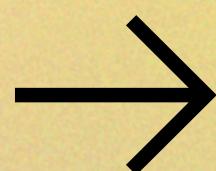


HOW TO STOP NEGATIVE THINKING?



Stopping negative thinking isn't about completely shutting off your mind—it's about redirecting, understanding, and reshaping your thought patterns. Here's a structured approach:

Let's Swipe Right

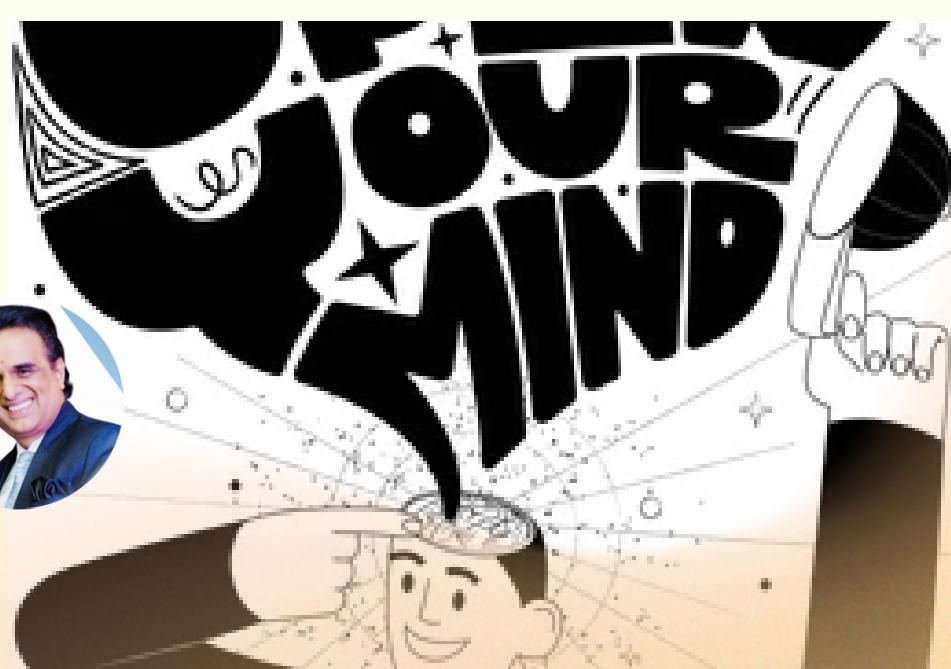


FIRST

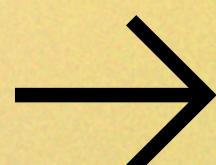
Become Aware of Your Thoughts

- Catch the loop. Often, we don't even realize we're thinking negatively. Use mindfulness or journaling to observe what your inner voice is saying.
- Ask: "Would I say this to a friend?" If not, why say it to yourself?

by Suresh Mohan Semwal



Let's Swipe Right



SECOND

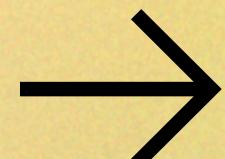
Challenge the Negative Thought

- Question its truth: Is this really true? Or just a fear/assumption?
- Reframe: Instead of “I always mess up,” try “I didn’t get it right this time, but I can learn and improve.”

by Suresh Mohan Semwal



Let's Swipe Right



THIRD

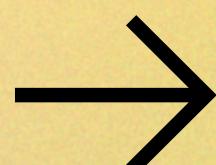
Replace With Empowering Thoughts

- Don't just suppress the negative—replace it..
- Use affirmations like:
- "I have overcome tough times before."
- "Every setback is a setup for a comeback."

by Suresh Mohan Semwal



Let's Swipe Right



8 Ways to handle
negative thinking

FORTH

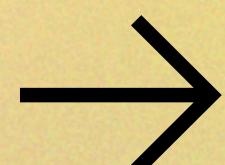
Change Your Physiology

- Move your body. Walk, exercise, dance, breathe deeply. Your body impacts your mind.
- Even changing your posture from slouched to upright can improve mood and confidence.

by Suresh Mohan Semwal



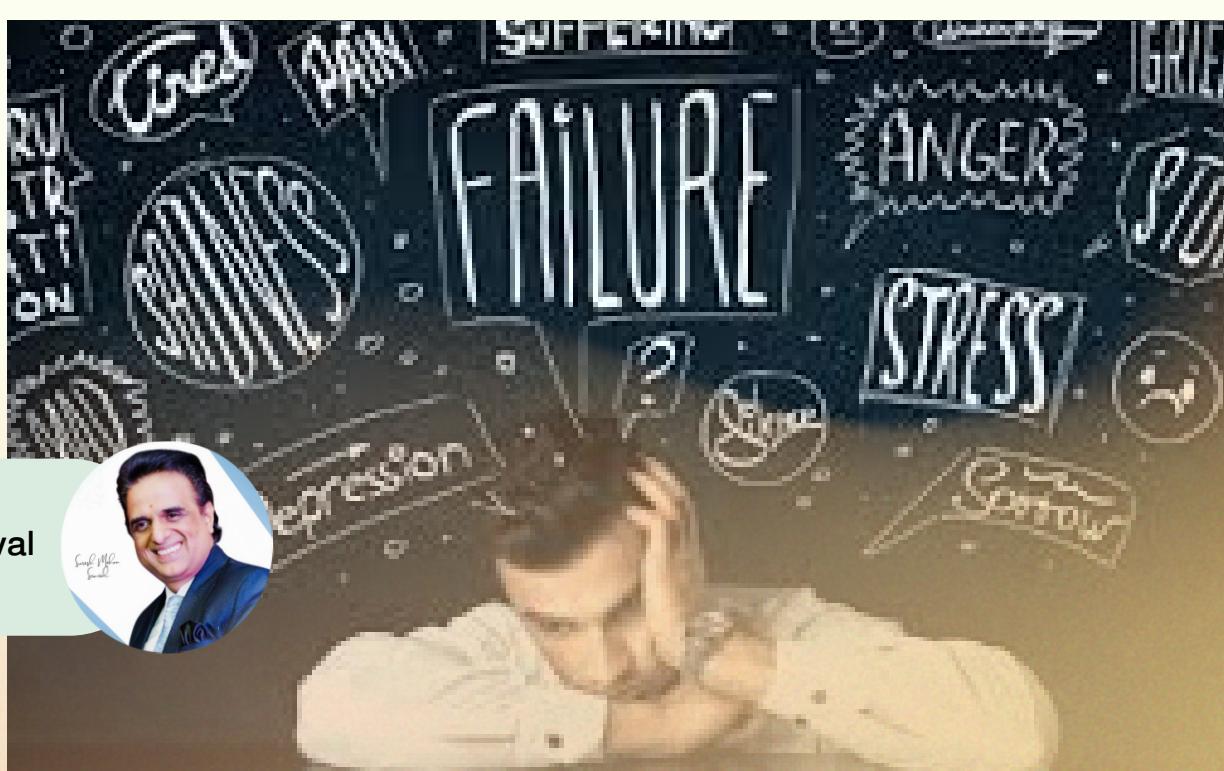
Let's Swipe Right



FIFTH

Limit Inputs That Fuel Negativity

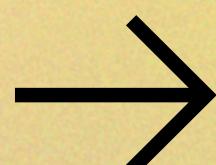
- Avoid news, social media, or conversations that pull you down.
- Spend time with people who uplift you.



by Suresh Mohan Semwal



Let's Swipe Right



8 Ways to handle
negative thinking

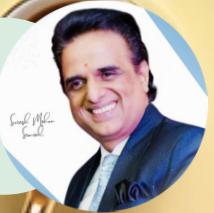
SIXTH

Practice Gratitude

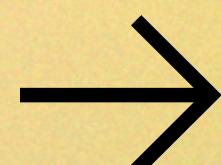
- Daily, write 3 things you're thankful for. This shifts focus from lack to abundance.
- Gratitude and negativity rarely coexist



by Suresh Mohan Semwal



Let's Swipe Right

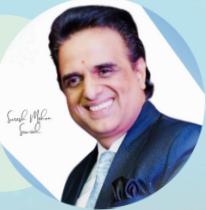


SEVENTH

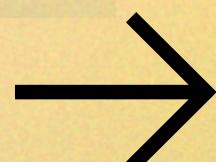
Focus on the Present

- Anxiety often comes from future projections or past regrets.
- Ask yourself: “Am I okay right now?” Usually, the answer is yes.

by Suresh Mohan Semwal



Let's Swipe Right



EIGHTH

Seek Professional Help if Needed

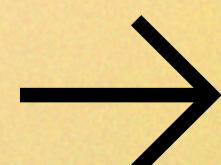
- Sometimes negative thinking is tied to deeper mental health issues. Therapy or counseling can make a powerful difference.



by Suresh Mohan Semwal



Let's Swipe Right



**IF YOU FIND THIS
HELPFUL, LIKE
AND SHARE IT
WITH YOUR
FRIENDS**

Suresh Mohan Semwal

Co-founder, Possiblers

 +91-9717949839

 WWW.POSSIBLERS.COM

