

8 WAYS TO HANDLE NEGATIVE THINKING

by Suresh Mohan Semwal

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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:

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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?

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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."



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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.”

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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.



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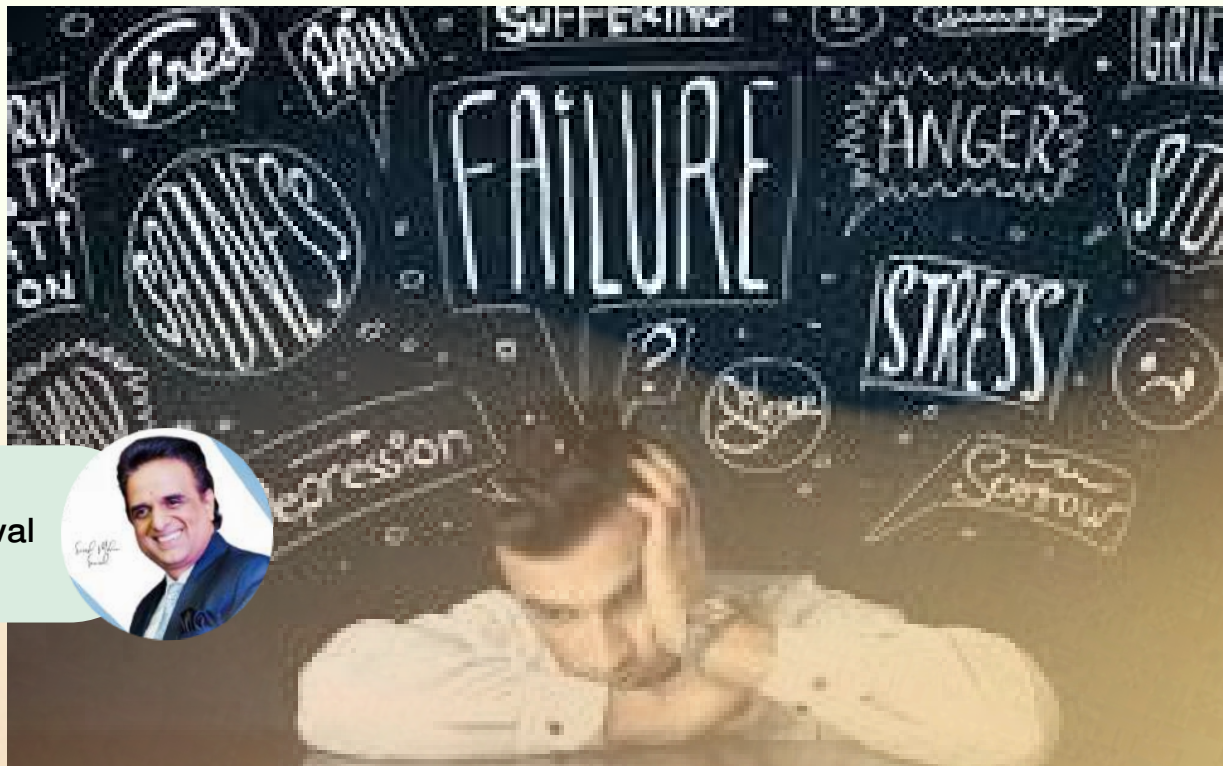
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FIFTH

Limit Inputs That Fuel Negativity

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



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SIXTH

Practice Gratitude

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



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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.



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EIGHTH

Seek Professional Help if **Needed**

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



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