

We prefer thinking negative than positive

Dealing with negative thinking Conquering negative thinking

- Most humans tend to be a bit more "negative" than "positive"
- Most of us tend to ruminate more on bad experiences than positive ones
- It's an evolutionary adaptation — over-learning from the dangerous or harmful situations we encounter through life (bullying, trauma, betrayal), helps us avoid similar situations in the future and react quickly in a crisis

The difference between "rumination" and "self awareness"

Don't try to "stop" Negative thoughts

- Try to stop will thinks more
- Own your worries. When you are in a negative cycle, acknowledge it.

Treat yourself like you would treat a friend

- Core of "self compassion":
 - When you're feeling negative about yourself, ask yourself what advice would you give a friend who was down on herself
- Negative thinking happens to all of us, but if we recognize it and challenge that thinking, we are taking a big step toward a happier life.

Using "Socratic Questioning" — critical thinking turned inwards

- Socratic questioning is the process of challenging and changing irrational thoughts

① Face the difficult Examples of questions we can ask ourself

- First, write down the negative thoughts, such as "I'm having problems at work and am questioning my abilities"
- Then think about "What is the evidence for this thought?" "Am I basing this on facts? Or feelings?" "Could I be misinterpreting the situation?" "How might other people view the situation differently?"

② Analyze the situation

③ Solve

Dealing with negative thinking

Controlled breathing

- Take a deep breath, expanding your belly. Pause. Exhale slowly to the count of five. Repeat four times.
- Controlled breathing has been shown to reduce stress, increase alertness and boost your immune system.

The difference between rumination and self-awareness: Rumination is thinking itself, while self-awareness is like know what you're thinking. For example, I sleep on bed and have a dream. However, in this dream I realize I am dreaming and try to wake up.