

HOW TO ELIMINATE NEGATIVE THOUGHTS SO YOU GET MORE DONE





Oftentimes, we hear quotes and theories that say success or failure begins in the mind. That's because our thoughts are so powerful. They control our actions, sometimes indirectly. Negative thoughts can weigh you down so badly you become unproductive with your time and energy.

Although negative thoughts can randomly pop into our minds, it is a mistake to believe they can't be controlled. In this article, we share with you some of the best and most trusted strategies to get rid of negative thoughts.

Defining Negative Thoughts

Some people find it hard to admit they have negative thoughts. They erroneously assume that it automatically makes them a bad or negative person. That's so untrue because even the kindest and most upbeat people have negative thoughts sometimes.

Every person has a mind where their thoughts are formed. We often communicate with our mind, in other words, we can feel our mind talking to us. Dr. Lisa W. Coyne of McLean Hospital [describes the situation](#) as our verbal mind linking to our language brain, which serves as a threat detector. Now having a threat detector or critical voice is great. Your mind analyzes risky situations and tries to convince you to flee or fight.

The critical voice in our mind may prevent us from taking a misstep but what it perceives as threats are over inclusive. Everything outside your comfort zone is regarded as a threat including tasks and opportunities.



The big problem is that the mind isn't always correct with its diagnosis. And people who shut out reality and get stuck in their minds only are in trouble.

When it comes to productivity activities, fleeing is easier. The fear of failure, embarrassment, imperfection and difficulties stop us from facing our tasks head-on. You may even turn down opportunities because of negative thoughts.

How To Control Negative Thoughts

Negative thoughts can feel like quicksand in which our enthusiasm for life and work quickly sinks. Here are ten strategies to help you stay grounded.

Talk back

While negative thoughts may rely on real situations, they are not indisputable facts. So, you can dispute them within yourself. First, you need to recognize the negative thought as a product of your mind and not reality. Then you can counteract the thought with better and truer ones. For example, your critical voice may say you are incompetent. You can say "I've trained diligently for 2 years for this opportunity, that makes me competent."

Write and question negative thoughts

We think a lot faster and more abstractly than we write and so writing is a good way to slow down the spiel of negative thoughts. Writing out negative thoughts also forces us to think about them critically. Negative thoughts can become illogical and less scary when they are written out.



However, you shouldn't stop at just writing, attempt to answer the following questions about those thoughts.

1. What is the benefit that this negative thought brings me?
2. What opportunities will these negative thoughts cost me if I act on them?
3. What do I stand to gain or lose if I think positively instead?

Surround yourself with positive influence

You can't put out a fire with more fire so why hang out with negative people when you are besieged with negative thoughts? Understandably, thinking in the same direction builds a sense of comradeship. But the best people to hang with when you are struggling with negative thoughts are optimistic, positive thinking folks. Allow your eyes and ears to feed on positive energy.

Be your own best friend

Be kind and gentle with yourself, just like you would do with your best friend. When negativity overwhelms you, allow yourself to cry and then comfort yourself. Just like your best friend would do, talk about the negative thoughts and encourage yourself with nicer positive thoughts. Tell yourself what you would tell your best friend if they were in your situation.

Try replacing negative thoughts

The easiest way to get rid of negative thoughts is to replace them. You can't



stop thinking but you can't think of two things at a time. So rather than struggle to eliminate a negative thought and leave your mind blank. Think of projects or subjects that you feel good thinking and talking about.

The good thoughts will reinvigorate you and set you in a productive frame of mind.

Use affirmations

Affirmations are a popular way to dispel negative thoughts. Affirmations like "I love my job", "I enjoy my being creative" "I am an important member of my team". Or "I am confident", "I am a capable leader" can make a big difference in how you perceive yourself over time. Your affirmations can be made once daily or anytime you feel a negative thought creeping in.

Try meditation or movement

Mindfulness and meditation can help you relax and push out negative thoughts. Moving your body can also interrupt your flow of thought long enough to dispel negative thoughts. Get up or lay down, go for a walk or sit down, whatever you need to do to change your position.

Try gratitude

In difficulties, we can build a positive outlook by finding things to be grateful for. Gratitude for the smallest things like good coffee can make a difficult task



a little easier. So instead of dwelling on negative thoughts, try being grateful for all the good things in your life and work.

Don't ignore negative thoughts

Contrary to what many believe, ignoring negative thoughts is not a great strategy. That's because when we ignore negative thoughts without first understanding why they came up. We are prone to repeat the same behaviors that fuel negative thoughts. You shouldn't run away from negative thoughts like a scaredy-cat but you shouldn't allow it to consume your life either.

Solve the root problem

Most times negative thinking arises from a less obvious problem. The problem could be ideologies or habits that we picked up early on in life. If we find these root problems and solve them, our struggle with the negative thoughts they bring ends. Note that you may need professional help implementing this strategy.

Conclusion

You should work hard to get rid of negative thoughts. They reflect the world and yourself in a bad light. They make you lose confidence in your capabilities and stop you from being very productive.

References:

<https://www.mcleanhospital.org/essential/4-ways-stop-negative-thinking>