

How to Make the Most of Your Negative Thoughts

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“The Secret” and motivational speakers teach us the importance of thinking positive. And it is true that this positive thinking can be an amazingly effective tool. The reason being that our subconscious has numerous negative voices banging around in the background that taint our confidence and hold us back from achieving our goals. Affirmations and ideal-outcome visualization help to counteract the negative and build a more positive subconscious. (Isn't that a cool idea? That I'm not even aware of the great forces within me working towards my goal!)

When people first learn of this tool, the initial reaction is to push away all negative thoughts and feelings. What usually ends up happening is we push these thoughts and emotions down deeper inside us where they sit and simmer until erupting at an inopportune moment or simply tainting our belief system with doubt in a subtle way that keeps our goals just out of reach. So we have a thin layer of positive thinking covering up a deep well of negative.

I propose that there is a much more useful way of approaching these heart gripping feelings. Science is telling us more and more that thoughts and feeling have a chemical existence inside our bodies, so we can't simply pretend that they aren't there and hope they go away without touching anything else. On the other side of the coin, we don't want to wallow in our sorrow either.

One of my clients recently hosted a major event, and although she felt disappointed in some aspects of how things went over, she was determined to be a good little client and focus on the positive. Which I totally appreciate, however as she was working on her next event, her chest became infused with this extreme anxiety and she began to violently lash out at her coworkers. But, she kept pushing it back down and choosing to think positive. This is your first clue that something needs to be addressed, if you experience a physical sensation of anxiety or pain.

If your negative thoughts and feelings present themselves in your physical body, they are calling out to be heard. I believe they have useful information that will help in moving forward. So, how do we do this? The most direct way is to get out a pen and paper and write them down. Keep writing until you get everything out; the disappointments, the regrets, the fears, the frustration, the concerns. This step in and of itself may be enough to release the tension and get you flowing again. However, we can do so much more!

Once all of the negatives are on paper, you can ask yourself if there are any lessons or solutions that emerge that can be applied to moving forward. This is where the gems come to life. “I'm feeling frustrated that the musicians did not stay with the play list I gave them. I guess I can contact the agency and let them know of my disappointment and how it affected the event. This way I will feel expressed and perhaps

save or sever my relationship with them. Wait, it also occurs to me that I could give a copy of they play list to the room manager with instructions to immediately address the musicians or agency if they stray from their instructions. Ahh, now I know in the future I have a plan for dealing with this situation.”

Now we’ve given our negative feelings a place to live on a piece of paper, we’ve looked at the new possibilities gained from examining them, what’s next? You have a couple of choices. If you feel ready to totally let these go, throw them in the trash or burn them! “Yes, I’m free!” However, if you feel that these negatives will continue to resurface, here is what I suggest: put the list in a box or bag in the corner of your office or home. Then, whenever future hindering thoughts along these lines come up, telepathically send them into the box or bag. This gets them out of your body and not stuffed back into your gut.

Eventually you will forget about them altogether and one day you will look over at the box and say “Oh, I forgot you were here.” You are now ready to throw the list away. The negative thoughts and feelings have been given the attention they demanded and you can move on to creating only positive ones along those lines. How exactly do we do that? Stay tuned for future Prosper with Purpose articles for more useful tips to tapping into your flow and experiencing a more fulfilling life every day.

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