

Title:

Are You a Negative Thinker?

Word Count:

737

Summary:

Barbara sought my help because of her chronic fatigue. She had been going to different kinds of

Keywords:

negative mindset, negativity

Article Body:

Barbara sought my help because of her chronic fatigue. She had been going to different kinds of

It became evident early in our work together that Barbara was deeply addicted to thinking the

Negative thinking causes much stress in the body. I told Barbara to imagine that she was telling

The medical profession has long told us that stress is one of the leading causes of illness. So

While Barbara could understand the possible effect her negative thinking was having on her health,

In addition, Barbara believed that if she was vigilant enough and thought through all the bad

Finally, Barbara also believed that she could control how people felt about her by acting right

However, in trying to control her feelings, others' feelings and the outcome of things, Barbara

The problem with all of this is that it is based on an illusion - the illusion of control. The

The paradox of all of this is that, in trying to foresee future catastrophes, Barbara was not

Barbara is in the process of becoming more aware of her negative thinking. She is not yet healed

Moving out of negative thinking is a process that takes time. If you are a negative thinker, you

Vitality and joy can be the result of letting go of your negative thinking and learning to be

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