

## ***Five Tips to Control Negative Thinking***

- **Remember “this too shall pass”**

*Nothing lasts forever, most barriers are temporary.* Look for the positive lesson in each situation and move on. If you dwell on the negative, you open the door for more negativity to enter your life.

- **Replace negative thoughts with positive thoughts**

Negativity breeds negativity. Using positive words tells your mind that negativity is unacceptable. Put focus on what you like versus what you don't like. Focus on what you value, appreciate and is important to you. Each positive thought can help overpower the negative ones.

- **Use action-based** words versus fear-based words

Words like “can't” are often related to fear of failure, rejection, or judgment. Replace “I can't” with, “I will”, “I'll try”, “I can take this \_\_\_\_small step” etc.

- **Avoid over analyzing**

Instead of over-analyzing a situation, let it go. When we ‘over-analyze’ we often dwell on negative words or actions that might not have been part of the original intention.

If you can't let it go, or need clarification, ask for it - rather than jumping to conclusions

- **Control what you can**

*“You can't control other people's actions; you can only control your own reactions.”*

*When you truly accept this, you will have more time and energy for your own life. Additionally you will find that negativity (*especially other people's*) has far less influence on your life. Don't let other people control your emotions, make the choice to be the master of your own thoughts and feelings.*

Adapted from Katherine D Blog: **Helpful Tips to Control Negative Thinking** 11.23.2011  
<https://inspiredeverymoment.wordpress.com/2011/11/23/how-to-stop-negative-thinking/>