



Module 1: Think Positively

Module 1 Lesson 6 Exercises

Since we're wired to pay more attention to our negative thoughts, here are 4 excellent ways to crush them:

1. Stop using the word no. Researchers have determined that when you see the word NO for less than a second, your brain releases dozens of stress-producing hormones and neurotransmitters. These are the chemicals that impair our logic.

If you say the word NO, even more stress chemicals are released into your brain!

Pinpoint the fear that sparked your NO response. Then replace NO with this question: why not?

2. Create new brain connections. When you reinforce a way of thinking, either new connections are formed or old ones are strengthened. When you stop negative thinking, those negativity connections become less durable and less easy to activate.

When you use the word YES, you train your brain to make positive patterns more automatic.

3. Avoid using the words "always" and "never." If you use these words when confronted with an obstacle or barrier, you activate the emotional limbic brain system. This produces emotions like fear and anger. Absolutes like "always" and "never" are rarely correct:

- My children never listen to me
- I never get recognized for my hard work
- Everyone always takes advantage of me
- I always end up with the short end of the deal