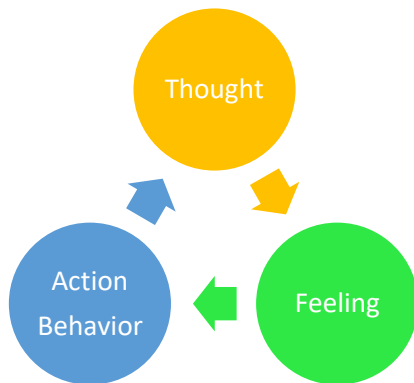


How To Change Your Mind

Looping Thoughts Exercise
Adapted from the work of Marisa Peer

A thought always creates a feeling, then a behavior, then back to another thought.

This is what we call a looping thought.



Our thoughts control and dictate our feelings

Our feelings control and dictate our actions

Our actions control and dictate our events

And loop back to prove the original thoughts

When you keep repeating a negative looping thought it then becomes part of you and you may feel you can't stop it. For example:

- **What's the Negative Thought Loop that keeps playing in your head?**
 - I am so tired, overwhelmed, exhausted, I'm not capable
- **What's the Feeling that thought loop creates?**
 - I feel drained, fed up, sad and that I'm a fraud - and when I FEEL this way I...
- **What Behavior or Action does this feeling provoke?**
 - I stop doing anything, stay in bed, I hide out and eat junk food
- **What's the Feeling or Belief that these actions evoke?**
 - I can't do this, who am I to think I can do this, I'm a failure

If you have created a negative looping thought you can create a **positive looping thought just as easily**, which will result in a healthier and more positive behaviour. For example:

- **POSITIVE THOUGHT** – I have phenomenal coping skills, I have an abundance of energy
- **FEELING** – I feel motivated, determined excited to move forward
- **BEHAVIOUR/ACTION** – I take steps towards my goals, to move more and exercise
- **FEELING/BELIEF** – I feel good enough, I believe I can achieve this, I've got this

When you keep repeating a thought over and over again, you will get the same feeling and the same outcome because your mind only responds to the words you tell it.

To get a more positive feeling you can begin by repeating over and over the same positive thought, then create the same positive feeling which will result in a better outcome and soon you won't even need to think about it because it will be just who you are.

This activity will help you identify your looping thoughts and what you can do to change it.

1. Below you will find two ladders
2. The first ladder is the current negative thought loop and the second ladder is the opposite of that negative thought loop. Write down the negative thought loop you keep repeating then write the new positive thought loop you want to think instead to empower yourself.

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- Once you have the positive thought loop playing in your mind, I want you to close your eyes and keep repeating it for ten breathes. Notice how you feel in your body. How does it feel different?

Write 3 negative thoughts you repeat to yourself and then write 3 opposite positive thoughts.

Negative Looping Thought	Positive Looping Thought
Negative Thought: Ex: I am so tired, overwhelmed, exhausted, I'm not capable	Positive Thought: Ex: I have phenomenal coping skills, I have an abundance of energy
How does that make you Feel? Ex: I feel drained, fed up, sad and that I'm a fraud - and when I FEEL this way I ...	How does that make you Feel? Ex: I feel motivated, determined excited to move forward - and when I FEEL this way I ...
What Behavior/Action does it create? Ex: I stop doing anything, stay in bed, I hide out and eat junk food - and when I ACT this way I ...	What Behavior/Action does it create? Ex: I take steps towards my goals, to move more and exercise - and when I ACT this way I ...
What Feeling/Belief does it leave you with? Ex: I can't do this, who am I to think I can do this, I'm a failure	What Feeling/Belief does it leave you with? Ex: I feel good enough, I believe I can achieve this, I've got this, the sky is the limit!

The more you repeat your positive looping thoughts to yourself, the more quickly you will begin to re-code and rewire your brain!

Happy rewiring and upgrading to an extraordinary life!

Reach out if you'd like additional support:

Email: Michele@nectarconsulting.com Website: www.MicheleMolitor.com

Book your Complimentary Clarity call: <https://scheduler.zoom.us/michele-molitor/clarity-call-with-michele>