

Identify Your Negative Thoughts Patterns

The Invasion of Negative Thoughts

Every sin that was ever committed began first as a seed thought. All of us have sneaky negative (and untrue) thoughts that lie dormant within us ready to spring up like wild weeds in a garden. Just add a little fertilizer and water and they will grow up overnight. Feed the negative thought and it will take over your heart's garden. The secret is to track them down, identify them in their infancy and eliminate them with God's truth before they do irreparable damage to your soul, you emotions, and your relationships.

There are 10 distorted (untruthful) thought patterns (habits) that have been identified which are present in almost all unhappy and depressed people. The more we weed out these unhealthy thought patterns the happier we will be, and the easier it will be for people to live with us in harmony.

There are 10 distorted thought patterns (I call them LIES OF SATAN) that create an unthankful heart, depression and unhappiness. Learn to recognize them in yourself (and correct them) and you will be a happier person. Learn to tell yourself the truth in moments of anger and depression. Refuse to buy into Satan's lies and distortions and you and your marriage will be happy.

1. All or nothing	(Expecting perfection) – you demand perfection of yourself and everyone around you.
2. Overgeneralization	(Believing Murphy's Laws) – everything that can go wrong will go wrong at worst possible moment.
3. Mental Filter	(Gloom/Negative colored glasses) – the world is a negative place, everything is colored dark.
4. Disqualifying positive	(Rejecting the good things) – good things happen but knock on wood because it will soon go away.
5. Mind Reading	(Reading people's thoughts and motives) – you read other's thoughts, but they are always negative
6. Fortune Telling	(Predicting disaster) – you are always waiting for the other shoe to drop. It always does.
7. Magnification	(Dwelling on failures, disappointments) – small mistakes (spilled milk) become huge catastrophes
8. Should Statements	(Demanding fairness, blame and shame) – you want the world to be fair but it isn't
9. Labeling	(Name calling) you calling people nasty names, jerk, stupid, idiot, nincompoop, etc.)
10. Personalizing	(Perpetual Pity party) – you feel everyone picks on you and you got the short end of the stick

Recognize anything familiar? The more of these thought that go unchecked in your mind and heart the more deadly they will be to your relationships and emotional health. On the next page is a distress check list. Keep it handy. When you are feeling depressed use it to help define what you are feeling. Remember behind every feeling is a hidden thought.