

11 (Loving ❤️) Ways to Stop Negative Thinking



Another self-love tool from Crystal Lynn Bell



Hi there! Thanks so much for downloading *11 (Loving ♥) Ways to Stop Negative Thinking!*

My name is Crystal Lynn Bell and I'm a Spiritual Empowerment Coach and I know one thing for sure: You were put on this earth to THRIVE. I work with people to help them find genuine happiness and spirituality through emotional empowerment. Being human, for me, means having emotions and I embrace their full spectrum with enthusiasm. Negative emotions are just as necessary as positive ones and emotional honesty with ourselves is essential, even if we choose to keep our feelings private. Emotions are key to Intuition, intimacy, creativity, and good health. It is my job to help you find emotional wellness, which is synonymous with Self-Love and Self-Compassion. We all get a little stuck sometime. My job is to help you get free and find your thrive.

I offer coaching one-on-one and in groups. I teach Shadow Work, Light Work and Healing. If you are serious about finding Emotional Wellbeing and want to learn more about my practices and techniques, then book yourself in for an Emotional Wellness Strategizing Session: <http://bit.ly/EmoWellRDV>. During that session, we'll talk about your needs and how I can help. Read my blog and learn more about my services on my website: www.CrystalLynnBell.com. Enjoy the story and exercise that follow. I hope they inspire you to free yourself from negative thinking and to tap into your power to create a badass life. ♥

ii (Loving ❤️) Ways to Stop Negative Thinking

There was a time when I was struggling with some really profound issues of self-esteem and I was in a period of deep reflection and becoming very aware of my emotional wounding. Do you know what I mean? It's that period of tremendous growth that feels painful because you're confronting long-standing issues that your consciousness just can't bear. It is a powerful time, even though when you're in it, it can feel really bad. I've found that it helps to have what I call a Daily Self-Care Practice which gives you dedicated time to sit with yourself in meditation and devotion to something beyond your ego (God, Goddess, Universe, Higher Self... whatever. It doesn't matter what you call it, but it does matter that you feel like you're in relationship with an ally.) Well, I do my Daily Self-Care Practice in the morning and it involves meditation and prayer, Shadow Work and healing. I'm putting together an article that guides you through building your own practice and I'll share that with you when it's complete, just in case you need a little help.

So, during that intense awakening when I was struggling with those issues of self-esteem, I felt absolutely plagued by negative thoughts that were all consuming. These thoughts were sometimes subtle and sometime blatant, but regardless, they were dominating my focus and draining my energy. This called for some real inner strength! Nobody could fix this for me. Nobody could validate me for me. Nobody else could give me the love that I needed to give myself. I remember taking out my journal and starting to do one of my trusty Shadow Work exercises. I was working intensely, digging deep into my thoughts and fears and really seeing them for what they were. Clarity was dawning and I discovered that there was a limiting, subconscious belief that I had been holding onto. I believed, on a subconscious level, that I was a failure, and when those issues of self-esteem cropped up, it brought the feelings of failure to the forefront of my emotional awareness, and I found myself feeling lonely, isolated and weak. It is REALLY hard to move forward with ambition, good health, intimacy and enthusiasm, when your underlying feelings are so wrecked and plagued with negativity. Loneliness, isolation and weakness are not good foundations for anything except feelings of failure and the negative thoughts that feed it.

Upon awakening to this dark Shadow, I immediately took hold of my mind, stepped into my feeling nature and tuned into that powerful inner guidance system called Intuition. Clarity was DEFINITELY dawning, so I just sat quietly feeling my feelings. I went on a meditative journey through my deepest, darkest fears. I submerged myself in my emotions and looked failure, itself, right in the eye.

As I sat confronting this big, bad emotion, I realized that I had worked on this issue of failure before. And it struck me strangely that I had *forgotten* that I was NOT a failure. I had *forgotten* that I am an unlimited being unconditionally loved by God/Goddess/Source of All!

And then it started to occur to me that I was missing a significant step in my personal healing process--my brain... which is responsible for the negative thoughts that drive the negative feelings. I always approach my life from the inside out, but somehow, with this issue of failure, I had bypassed the neural pathways!!! It's like I was giving all my attention to my etheric energy, but not enough to my physicality. My brain needed my attention!

Seriously.

Honestly, I was shocked and had to recheck my etheric self. So, I checked in Intuitively with my Inner Children, and they were like, "Hey, we're fine. We're not the issue," and I had recently had a profound healing experience around my mother (Goddess rest her soul,) and when I checked in with her Intuitively, I got the same response, "No issue here, honey."

So, I sat for a long time, looking failure in the face, and then it hit me: this shit is habitual! *I am a failure* is a knee-jerk response that occurs every single time these 'problems' of self-esteem or similar issues crop up in my life. I have the same pattern of response: I get nervous, I get scared, and I want to curl up in a ball. And then I start remembering times in the past when I had gotten myself into the 'same' predicament and how painful it was to pull myself out. I then start remembering how I had invested so much time and heart and had felt totally deceived by the outcome. Blah, blah, blah. (By the way, my issues of self-esteem always come up when I am moving out of my comfort zone and into something more powerful... ehem... like an intimate relationship, a high paying gig, fitting into my skinny jeans, etc. Self-sabotage is an issue for lots of us. I write about it on my blog, so be sure to check it out sometime: www.CrystalLynnBell.com .) That morning, though, as I sat listening to the Universe inside me, there was a voice coming from my Solar Plexus telling me, "This is NOT the same situation as before. You are NOT the same person that you were before. The *illusion* is that it is the same, but your job is to fight against the belief in that illusion. **You simply must fight if you want the transformation.**"

WOW! That was a really powerful message. It felt so RIGHT and TRUE and so I said, "Yes," to that voice and all that it embodied and I started to work on that part of my brain which was still wanting to believe that I am a failure. As I sat there exploring my inner world, I realized that I had a neural pathway that would automatically trigger every time I perceived one of these issues or problems that I was having. Upon being faced with a problem, like little sparks of light, the neural pathways in my brain would go off and I would start thinking disempowering thoughts and sabotaging my own good fortune. So in a flash of inspiration, I created a little program that I could

use to help me create new neural pathways that were fun and exciting and life-affirming, instead of relying on the old neural pathways that always created feelings of sadness, withdrawal, and despair.

Have a look below at what I created and try applying the techniques to your own brain! Also, I invite you to join my Facebook group, Emotional Wellness & Spiritual Empowerment: <https://www.facebook.com/groups/EmotionalWellnessandSpiritualEmpowerment/>. It's a holistic community of people embracing the full spectrum of their emotions and finding the true Source of Power within themselves. I host live mini-classes, mini-workshops and readings there and I send out empowering messages to keep you inspired in your week. It's a way to have community with other women and men who lovingly embrace their emotions and live their lives from the inside out. You can leave your comments and questions in the group and share your own journey. And of course, **if you feel like you need individual help in confronting your own inner demons** and YOU ARE READY to take a powerful and proactive approach to changing your life, then I invite you to book in an Emotional Wellness Strategizing Session with me: <http://bit.ly/EmoWellRDV>. During that session, we explore your needs and how my coaching program can help you.

II (Loving ❤️) Ways to Stop Negative Thinking

1. **Be aware.** Become aware of where you can see that your negative neural pathway is disrupting the flow of joy and excellence in your life. Observe yourself from the inside and from the outside. Keep a journal of things that are not working for you and see if you can start to piece together your patterns of response. For example, if you have an issue with compulsive eating, you might start making notes in your journal throughout the day of when the urge to eat arose, what you were doing when it arose and how you felt emotionally. You can also note the time. This will give you deep insight to your compulsion and your brain activity. Remember that the brain is the Source of pain. Your body's pain response to stubbing your toe is processed in your brain. So, become very aware to how your brain is interpreting the world around you. Is it responding with a painful response? Or a joyful response?
2. **Decide to change the neural pathway.** The act of making a decision aligns you with the outcome you desire. This is a Solar Plexus chakra action. The Solar Plexus chakra is responsible for your will and your volition. It is the driver of desire. When changing a neural pathway, you have to find the will to change (the desire to change) and then you have to make a choice: change it or not. Deciding to change a habit is a pivotal step in getting you aligned with your desires. Every time you notice that neural pathway triggering a patterned response, reach for your decision to change it. Remember that you made a decision and said *nope*,

no, nay, no more! It's not true and gently detach from the patterning. Soften your attachment to the patterned response. For me, the moment the trigger went off telling me that I was a failure, I would say, “Nope. No. Nay. No more! It's not true.”

3. **Make a plan and strategize.** The brain needs to have a set of rules laid out so that it can orient itself. You don't have to enforce the rules like a tyrant, but rather let the plan be a road map to help you get oriented with respect to your desire. For example, if your disempowered neural pathway is set to reach for chocolate or candy when you feel stressed, you might want to have a plan in place that suggests walking away from the kitchen or going on a walk around the block when the feeling of stress arises. You may want to have a backup plan that offers you a set of satisfying nutritious foods that can replace the sweet craving. Having such a plan in place before you find yourself in the middle of an anxiety episode would help you get grounded more quickly than if you are left to try to figure it out in the middle of the conflict.
4. **Personal motivation and personal inspiration.** Give yourself an added boost by listening to motivational talks and watching motivational videos on a regular basis every day. Read books that inspire you and as you're reading, get into the habit of affirming that you desire that success. Notice when you feel doubt and do your Shadow Work to alleviate the concern. You can also use a vision board to give you a point of focus during those times when you feel weak so that you can move forward; and when you feel strong, it will inspire you to more expansion. If you don't know what Shadow Work is, just keep following my blog. I share about it and can help you learn how to access your own Shadow Self. And of course, you can always book in (<http://bit.ly/CLCoachingSession>) privately to learn how to do it. For me, Shadow Work has been the pinnacle key to my wellbeing and personal success. I ♥ it!
5. **Meditate and visualize.** Set yourself (and your brain) up for success by meditating and visualizing at the start and end of your day. Both meditating and visualizing train your brain to think differently about things. This period of your day is a strong affirmation of self-love because it says that you care enough, and believe enough in your Self and your dreams to dedicate a part of your day to their manifestation. Just like with a child, quality time is transformational and life-affirming. Meditation comes in many different forms and you can choose how you want to use it in this process of changing your neural pathways. You might use meditation as a reflective tool, where you sit quietly and reflect on the new neural pathway-- why you want it, why it serves you. This can be a great way to commune with your Spirit Guides to give you deeper insight into your life purpose. You can also use a silent mind meditation where you practice halting your thoughts and just enjoy the absolute peace and serenity of a mind that is turned off. This is immensely satisfying and restful for the mind and body. Visualizing can also be used to create the pleasing sensations in your body that act as strong points of attracting the things that you desire. For example, visualizing yourself running a marathon with ease creates a sense of elation in your body and mind and will leave you excited and ready to

move! Likewise, visualizing a loving intimate relationship will warm your heart and cause you to glow from the inside out. Your brain and your body both LOVE this and it's along these upbeat and optimistic lines that you want your new neural pathways built.

6. **Treat yourself lovingly.** Changing a neural pathway is a powerful step not only because of the benefits you receive but also because of the Shadow it enlightens. Many of the neural pathways that no longer serve us were formed to protect us in some way. They were formed to give us comfort when we were lonely, or to give us grounding when we were confused, or to distract us from fear or even terror. This means that inside of us is a wounded or frightened individual that has been hiding behind a patterned behavior. That behavior becomes a mask for the beautiful soul that lies beneath. Treat that wounded part of yourself like you would a traumatized child-- with tremendous compassion and care. Your own reaction to this inner being will tell you a lot about the nature of the neural pathway. So, pay attention to how you feel about yourself as you explore your inner world. If you find yourself revolted or ashamed by this fragile being, good work! It means that you are diving deep into your Shadow. You now have an opportunity to awaken to other subconscious personalities that exist inside of yourself that may want healing. Shadow Work and Healing can help you integrate all of your fractured selves, thus making you whole.
7. **Change your focus.** When you're changing a neural pathway, you want to affirm what you desire by creating new pathways that are trained to give attention to what you want. You probably have a neural pathway that is actively focusing on what you don't want. You want to change your brain's tendency by giving it a new focus. In your plan (see step 3,) you can create a list of positive things around your desire that excite you when you focus on them. For example, if you are wanting to change a neural pathway where you hide from intimate romantic relationships, you might want to have the heart as a point of focus whenever potential romantic partners are present. This way, when you find yourself in the presence of potential partners, your brain can focus on expanding your heart rather than repeating the same inner dialogues of, "I'm not his type," or "She's going to reject me," or "I'm not attractive." Using a vision board is also a good way to give yourself another point of focus. Your vision board can have a picture of you receiving positive attention from romantic partners. This will give you a reminder of your desire and bring you a point of positive focus. Music is also a great distraction and positive point of focus. Have a playlist made of some inspiring songs that provide a counterpoint to the old habit you want to transform. Just the act of choosing a song is a great way to break the neural pathway chain that is trying to force its way into your mind and actions.
8. **Address your problems.** When a problem arises in your mind, address it consciously. For example, if there is a real financial issue that needs your attention, then give it your attention dammit! Call your creditors and make payment arrangements. Make a budget. Ask for a raise. Get a second job. Do whatever you have to do to actively alleviate the physical burden of the

situation. 'Ignoring a problem' is very different than 'allowing a solution to flow' to you. 'Ignoring a problem' is an act of resistance that comes from fear in the subconscious mind. 'Allowing a solution to flow' is an empowered state of mind that is open and aware. It is a way to confront an issue head on. Take care of your business, yo. And by the way, please remember that you are a beloved being of God/Goddess/Source of All. You have the right to assistance, time and a second chance. You might have fucked up something, but that does not mean that you do not deserve the opportunity to get it right. Ask for help, ask for time. Give yourself real compassion and the world will reflect that back to you. While my mom was transitioning, I was a wreck for about two years. I MESSED up my taxes and got \$4000 in penalties. I wrote the IRS on a scrap of paper and told them my situation and I apologized, owning up to my responsibility, but I asked for their compassion. I got a refund of those penalties. ALL of them. Kindness is EVERYWHERE. ♥

9. **Be consistent.** Neural pathways form from repetitive actions. Enjoying a joint one time at the end of a long day is not going to form a neural pathway. Consistently reaching for that joint every night it is. Likewise, reaching for a positive outcome one time is not going to change a neural pathway. Consistently reaching out toward the thing you desire is going to create a new neural pathway and a new habit. It doesn't matter whether marijuana is addictive or not-- a neural pathway is a program and acts in a similar way to addiction. You have to practice your new programming every day. Make your new neural pathway your passion.
10. **Set a timer.** One of the most consistent excuses I hear from my clients is that they forgot that they were working to break an old habit. They were good for the first two days, and then the motivation left them. Setting a timer to focus on what you want is a practical way to give yourself five minutes in the middle of the day to clear discordant energy from your mind, body and aura, and to focus on your desires. It's super effective, too! I began the practice of setting a timer years ago and I now have a solid neural pathway that makes me pause at several points of the day just to simply check in with my body and my emotions. This keeps me super aware of my authentic truth, aligned with the things that serve me, and alert to the sneaking things that don't.
11. **Appreciation.** It's always easy to find appreciation for the lovely things in our lives. But it's not so easy to find appreciation for the dark things. Let's say that your years of compulsive eating have made you 50 pounds overweight and feeling pretty crappy about yourself. It's not easy to look at your body and appreciate the fat that has accumulated around your belly-- especially since you not only have a neural pathway to compulsively eat, but you also have a neural pathway that automatically triggers you to feel ashamed and anguished every time you think about your belly. Finding appreciation for the belly fat is a powerful way to turn this negative thought pattern upside down. It will also do wonders for your self-esteem. For example, by doing Shadow Work, you might discover that when you were a little kid, eating cookies and hot dogs gave you tremendous comfort when you were lonely. When you choose to appreciate cookies and hot dogs for what they offered you back then, you start to develop a

tenderness toward the Inner Child who needed those things. The neural pathway to compulsively eat is keeping that child active and alive! Self-compassion is a really powerful neural pathway to develop because it totally empowers your self-acceptance and self-love. Many people think that if they appreciate what is negative in their lives that they're actually condoning it and inviting more of it in. But in my personal experience, and what I've noticed with my clients, is that when you start having appreciation for what's negative, the negative thing ceases to be a problem and then the mind stops focusing so much on it, so there's less emphasis on the issue, not increased emphasis. Very often, you'll start to notice that you're carrying around less resentment and since compulsive behaviors actually feed emotions like resentment, you'll find that you're less hungry for the compulsion that feeds it. This is genuine healing-- not a Band-aid quick fix.

ALRIGHT! So, there you have my *ii* (Loving ❤️) *Ways to Stop Negative Thinking*. I hope you found it helpful!



Hey, Friend! Thanks for reading this little article to help you stop negative thinking. When you are ready for some assistance to go deeply into exploring your limiting negative beliefs and finding emotional balance, book in a complimentary Emotional Wellness Strategizing Session with me: <http://bit.ly/EmoWellRDV>. During this session we will discuss how I can help you find power, creativity and a healthy relationship with the full spectrum of your emotions and uncover your Authentic Self. Also, please join my private Facebook group (<http://bit.ly/EmoWellnessFB>) for inspiration, grounding and community! I look forward to meeting you!

Big hug,

Crystal Lynn ❤️

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<https://ctt.ec/B8S8f>

(I even created the wording for you!)