

How To

Overcome Negative Thinking



By Kasi Bell

Negative thoughts can contribute to problems such as social anxiety, depression, stress, and low self-esteem. The key to changing your negative thoughts is to understand how you think now, then use strategies to change these thoughts or make them have less of an effect. Some strategies you can use are below.

THE 6 STRATEGIES

Stay Away From Negative Thought

1

Use
Mindfulness to
build self-
awareness

2

Identify the
negative
thoughts-were
did it come from

3

Replace
negative
thoughts with
more realistic,
positive ones

6

Use a diary to
track your
thoughts

5

Learn to cope
with feedback
and criticism

4

Practice
acceptance rather
than trying to
avoid or deny
negative thoughts



Our thoughts, emotions, and behaviors are all linked, so our thoughts impact how we feel and act.

Although we all have unhelpful thoughts from time to time, it's important to know what to do when they appear so we don't let them change the course of our day.

I've outlined a few points and each point has scriptures to help overcome negative thinking.

Now remember if these points are constantly put into practice your thought patterns will begin to change.

You Got This !





A
negative
mind will
never give
you a
positive
life.

1. Ask God for
His
perspective on
the thought

2. Become
familiar with God's
voice.

3. Memorize
and meditate on
scripture.

4. Ask others to
pray for you.

5. Hang out with
positive people.

6. Seek out wise
counsel or
advice.

7. Guard your mind.

8. Cultivate a
thankful heart.

9. Surround
yourself with
reminders

10. Practice
forgiveness.

11. Leave the past
behind.



- Ask God for His perspective on the thought

- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths Proverbs 3:5-6 ESV.
- Call to me and I will answer you and tell you great and unsearchable things you do not know.' Jeremiah 33:3 NIV
- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6 ESV
- Search me, O God, and know my heart; try me and know my anxious thoughts. And see if there be any hurtful way in me, and lead me in the everlasting way. Psalm 139:23-24
- If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. James 1:5 ESV

Become familiar with God's voice.

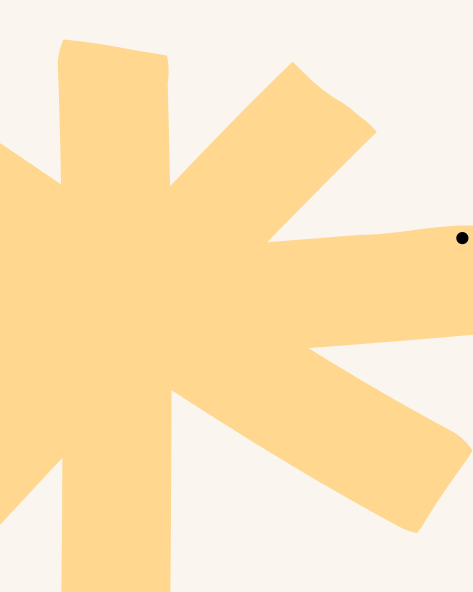
- The sheep hear his voice, and he calls his own sheep by name and leads them out. When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice. John 10:3-4 ESV
- But he said, "Blessed rather are those who hear the word of God and keep it!" Luke 11:28 ESV
- And he said, "He who has ears to hear, let him hear." Mark 4:9 ESV
- Guard your steps when you go to the house of God. To draw near to listen is better than to offer the sacrifice of fools, for they do not know that they are doing evil. Ecclesiastes 5:1-20 ESV
- My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart. Proverbs 4:20-21 | NIV
- So faith comes from hearing, and hearing through the word of Christ. Romans 10:17 ESV



Memorize and meditate on scripture

- All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 2 Timothy 3:16
- Your word is a lamp to my feet and a light to my path. Psalm 119:105 ESV
- For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. Hebrews 4:12 ESV
- I have stored up your word in my heart, that I might not sin against you. Psalm 119:11 ESV
- Heaven and earth will pass away, but my words will not pass away. Matthew 24:35 ESV

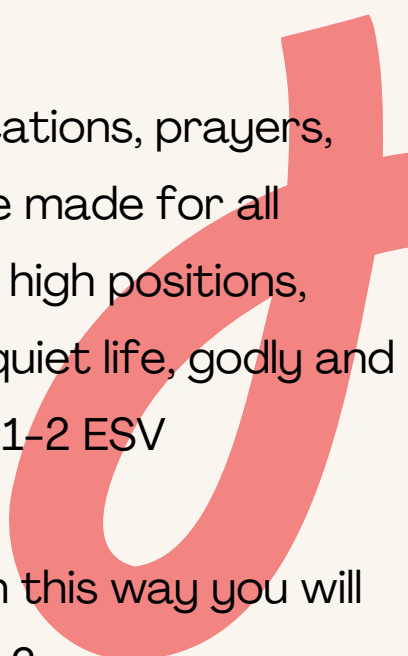
Ask others to pray for you.

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- Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16 NIV

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- And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Eph 6:18

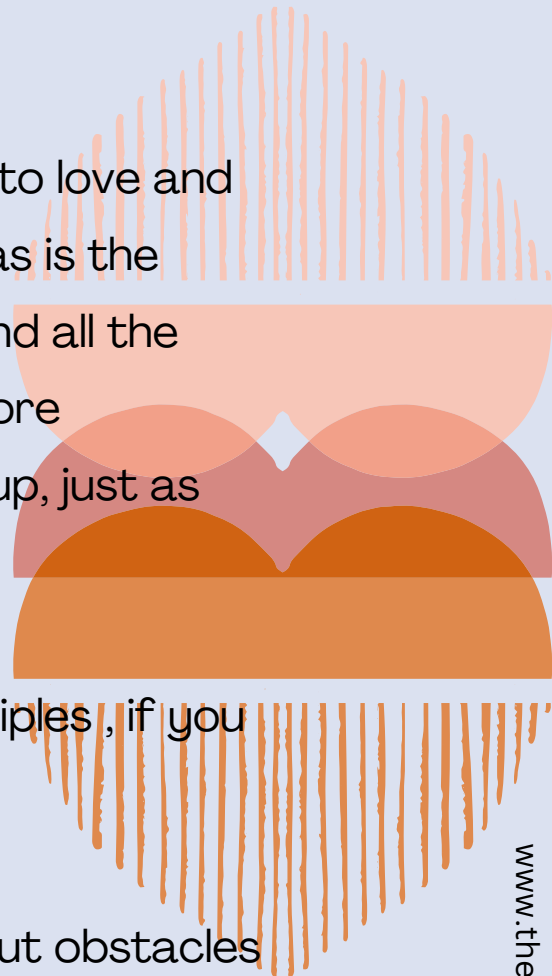
- Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. James 5:14 ESV

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- First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 1 Timothy 2:1-2 ESV

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- Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

Hang out with positive people

- Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. Psalm 1:1-2
- Do not be deceived: “Bad company ruins good morals.” 1 Corinthians 15:33 ESV
- And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. Therefore encourage one another and build one another up, just as you are doing. Hebrews 10:24-25 ESV
- By this all people will know that you are my disciples, if you have love for one another.” John 13:35 ESV
- Watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them. Romans 16:12 NIV
- Therefore encourage and build one another up, just as you are already doing. 1 Thess. 5:11



Seek out wise counsel or advice

- Where there is no guidance, a people falls, but in an abundance of counselors there is safety. Proverbs 11:14
- Without counsel plans fail, but with many advisers they succeed. Proverbs 15:22 ESV
- Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul. 3 John 1:2 ESV
- Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:8

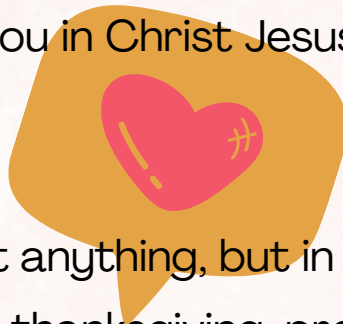
Guard your mind

- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8
- Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. Romans 8:5
- Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2 ESV

Cultivate a thankful heart

- “Give thanks to the Lord, for he is good; his love endures forever.” 1 Chronicles 16:34
- “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Colossians 3:15
- “Devote yourselves to prayer, being watchful and thankful.” Colossians 4:2
- “For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.” 1 Timothy 4:4-5
- “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:16-18
- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philipppians

4:6-7

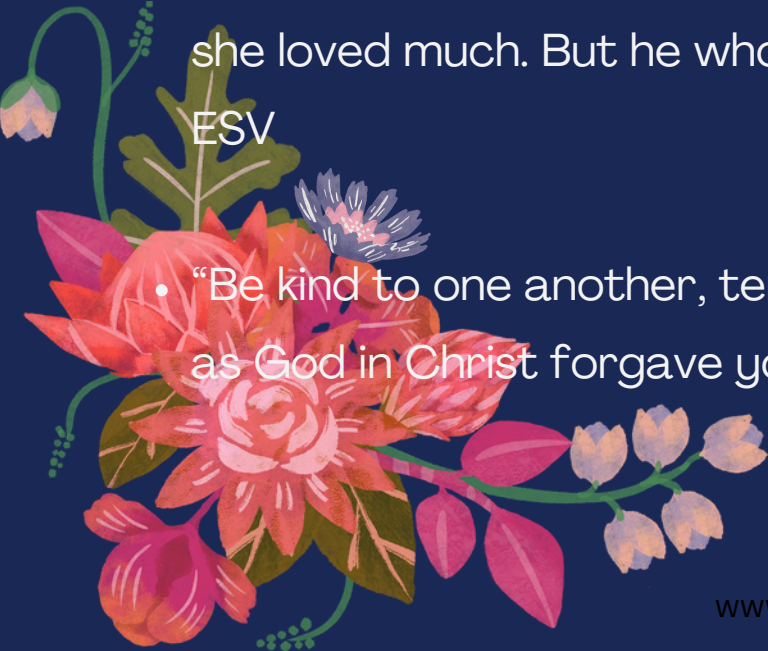


Surround yourself with reminders.

- My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Proverbs 3:1-35 ESV
- The Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." In the same way, He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me. 1 Corinthians 11:23-26
- I remember the days of long ago; I meditate on all your works and consider what your hands have done. Psalm 143:5
- Remind me each morning of your constant love, for I put my trust in you. My prayers go up to you; show me the way I should go. Psalm 143:8
- Each of you is to take a stone upon his shoulder, according to the number of the tribes of Israel, to serve as a sign among you. In the future, when your children ask, 'What do these stones mean to you?' you are to tell them, 'The waters of the Jordan were cut off before the ark of the covenant of the LORD. When it crossed the Jordan, the waters were cut off.' Therefore these stones will be a memorial to the Israelites forever." Joshua 4:5-7 BSB

Practice forgiveness.

- Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Col. 3:13
- Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. Romans 8:34 ESV
- If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9 ESV
- For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matt 6:14-15
- Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little loves little.” Luke 7:47
ESV
- “Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you” (Ephesians 4:32)



Leave the past behind.

- Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Philippians 3:13-14 ESV
- Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Isaiah 43:18-19 ESV
- Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Corinthians 5:17 ESV
- It is for freedom that Christ has set us free. Stand firm, then, and do not be encumbered once more by a yoke of slavery. Galatians 5:1 BSB



**I Hope this Blessed You .
Remember that you can be the Master of
your Thoughts !**

**NEGATIVE THOUGHTS
TO LET GO**

- I AM A FAILURE
- NO ONE LOVES ME
- I HATE MYSELF
- I HAVE NO FUTURE
- LIFE SUCKS

FOLLOW US

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