

HOW TO INSTANTLY **DESTROY NEGATIVE THOUGHTS**

Groundbreaking Technique Revealed

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YES!! You Can Become a Positive, Confident Person



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Subconscious Control for Destroying Negative Thought Patterns

I want to share with you a simple system for destroying Negative Thought Patterns.

If you follow my instructions, you will notice that you become more confident and you will be able to eliminate the worry of what other people think of you.

Please: read it and understand it

put it into action

enjoy the change!

Thinking negatively can affect your life in many ways. It can hold you back and make you feel miserable.

Negative thinking can so easily become a bad habit and we all know that bad habits are so hard to break.

If you constantly think negative thoughts, and believe what you are thinking, then you will feel miserable, sad and anxious.

The "real" you will be hidden.

Subconscious Control

Your subconscious mind runs your entire body automatically. It is your auto pilot – your engine room.

Anything in there - in your subconscious, will be reflected in the way you feel and act.

Therefore, if you tell yourself:

- I feel so self conscious
- I am not confident
- I am going to be so anxious doing...

Then what will happen is that you will be a self-conscious, unconfident, anxious person. Simple as that!

I want to relate a couple of stories that illustrate how powerful the sub conscious mind is:

The Hot Pen

There was a plastic surgeon who noticed that after receiving their treatment, his patients reacted in one of two very different ways.

As you would expect, some were absolutely thrilled with their new appearance and overnight became more confident in themselves.

However, others didn't feel any better about themselves, in fact some felt worse after the surgery and were very despondent.

Even though their physical appearance had improved, there was something buried deep inside their subconscious mind which would not let them accept their new appearance.

To prove to himself and others he studied how people reacted when made to believe that something was not as it seemed.

One such example was the case of The Hot Pen:

Under hypnosis, he made a woman believe that the room temperature pen that he placed on her forehead was in fact a piece of red hot metal, and within 20 seconds a red mark appeared on her forehead where the pen had been placed!

Her subconscious mind had believed that fact, and made her body react to the red hot metal.

He therefore realised that before undergoing surgery to improve appearance, the person must be absolutely positive in their subconscious, that the change to their appearance will make them more confident, otherwise the surgery is a waste of time.

The Freezer

Here is another story about the power of your subconscious mind:

One night, a man got himself accidentally locked in the freezer room of a freight train and by the morning he was dead because his body could not cope with the cold.

He had written details of his last hours on the wall stating how he was getting colder and colder, and such things as how he was struggling to concentrate because of the cold, and that his heart rate was slowing down.

The truth was that he had actually thought himself to death because the freezer was not switched on!

That is how powerful your subconscious mind can be - so be careful what you think about!

Become Consciously Aware

Promise yourself that you will become more consciously aware about what thoughts enter your head. Stop thinking such things as:

- I am the worst driver in the world
- I am going to mess up that presentation
- There is no way that he/she would want to go out with me
- I feel so ugly today

They are all negative thoughts.

Ask yourself if a particular thought will be beneficial or detrimental to you. Will it have a positive or a negative affect on your life?

Analyse each thought:

- Are you really the worst driver in the world?
- Will it really be so bad if you do mess up that presentation? Would the world end?
- How do you really know that he or she would not want to go out with you? That is just what you think. You cannot read minds, so you don't know the result.
- Define "ugly". Just like beauty, ugly means different things to different people, and not only that, I bet some days you think you look ok.

Put things into perspective. Believe in yourself. Have faith in your ability.

I have no doubt that you will probably have read this type of stuff before, and you know that you really should brush negative thoughts from your head.

BUT...Do you really know how to do it?

Read on and learn this simple but very effective technique.

Right, here goes...

STOP a moment and think what your mind actually is.

What image do you get in your head when you think of your mind?

I assume, you brought up an image of your brain. Most people do.

A brain is an irregular shaped, highly complex organ which controls all sorts of bodily functions automatically.

However, unless you are familiar with the workings of your brain, most of us just accept that it is there and it does its stuff. Most of us don't understand which parts of the brain control which parts of the body.

We understand that we have a subconscious and a conscious part of our brain, but don't know whereabouts these parts are located. How could we? And because it is an irregular lumpy, bumpy organ, it would be hard to exactly locate where our subconscious and our conscious minds are hidden.

This makes it almost impossible to reject negative thoughts from your subconscious mind. It is similar to looking for a needle in a haystack – it takes too much effort and therefore the negative thought wins!

Pick up a Pen Now!

The image which I am about to show you is how I now see my mind. It is simple and uncomplicated, AND negative thoughts don't stand a chance!

Please follow these instructions and then take action on a daily basis. Your life will change!

You will need a pen and paper. You are going to draw the image of your mind as seen through my eyes:

- Draw a circle in the centre of the paper.
- Above the circle write "ACCEPTANCE"
- Split the circle in half by drawing a line horizontally across the middle of the circle.
- In the top half of the circle write "conscious mind"
- In the bottom half of the circle write "subconscious mind"
- Outside the circle to the top left hand side of it, write "thought"
- Draw an arrow from "thought", through the circle, into the "conscious mind" part of the circle and then continue down into the "subconscious mind" part of the circle. (This represents the journey of a thought whether it is a positive or a negative thought. They all end up in the subconscious part of your mind.)

Your subconscious mind will now absorb that thought and make your body act accordingly – positively or negatively.

To see this image and others on the video, please visit:

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If you think you are going to be anxious, then you will start to get the symptoms of anxiety. On the other hand, if you think you are going to be confident, then you will be bouncing along and feel full of life.

You need to become consciously aware of your inner voice and notice what it is saying to you, such as:

I'm ugly, I'm fat, I can never do that, Etc.

THEN:

- stop for a second and analyse the thought
- take control of the thought and consciously make the decision as to whether it is a good thought or a bad thought
- decide for yourself if that particular thought will make you feel good or bad

If it is a good, positive effect thought, then just let it travel down into your subconscious mind and stay there.

However, if it is a bad, negative effect thought, instead of letting it drop down into your subconscious mind you need to brush it off.

Pen and paper time again!

- Draw a circle in the centre of the paper.
- Above the circle write "CONSCIOUSLY AWARE"
- Split the circle in half by drawing a line horizontally across the middle of the circle.
- In the top half of the circle write "conscious mind"
- In the bottom half of the circle write "subconscious mind"
- Outside the circle to the top left hand side of it, write "negative thought"
- Draw an arrow from "negative thought", through the circle, into the "conscious mind" part of the circle and then, instead of it dropping down, just make it travel straight across you conscious mind and out the other side.

Immediately replace that negative thought with a positive one such as:

I look great, I can do that

Congratulations!!

You have now DOMINATED your negative thought with a
NEW POSITIVE THOUGHT.

Well done!!

Once again you can see this image and others on the video

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Kill The Habit – Take Action

I know it sounds simple, but it does take practice, but it can change your life!

I recognise that we need some negative thoughts to keep us safe, but most negative thoughts are irrational and these are the ones that you need to dominate and replace with positive ones.

It takes 30 days to replace a habit, which is what negative thought patterns are, so you need to picture this image every day for 30 days.

I found a good way was to draw the images onto a piece of card and carry it around with me and I just kept looking at it regularly throughout the day. If you do the same, you will soon notice the difference in how you feel and act.

Go on – just do it – you are worth it!

People often have hang-ups about admitting to receiving help, even if it is self help.

You can perceive it as that you must be a bit out of control if you need to resort to such tactics. You probably worry about what others will think of you if they find out that you are doing this - you would be soooooo embarrassed.

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