

Toxic Thinking Patterns

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TOXIC THINKING PATTERNS

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Toxic thinking patterns is characteristically compulsive in nature and causes intense fear-based feelings, which can overwhelm or zap our body's energy supply. It consists of thoughts that habitual forecast disaster, perpetuate worry, instill doubt, obsess on perfection, describe self (or another) as victim, or point fingers at others according to Athena Staik, Ph.D.ⁱ Some of those toxic thinking patterns produces in an individual(s) the following: Fear, self-hatred, guilt, negative words, and un-forgiveness. These unhealthy toxic thinking patterns cause negative feelings. Resulting in bitterness, resentment, and anger. Toxic thinking plays tricks on our brain, by relying on easy and quick-fix pseudo "feel-good feelings, that makes you feel needed, help us feel-good, relieve us of pressure, provide comfort, elude us into "feelings that we are "solving" our issues. ⁱⁱ When in fact we are not solving, we are wasting time.

References

- i <https://blogs.psychcentral.com/relationships/2011/08/the-neuroscience-of-changing-toxic-thinking-or-behavior-patterns/>
- ii <https://blogs.psychcentral.com/relationships/2011/08/the-neuroscience-of-changing-toxic-thinking-or-behavior-patterns/>