

Toxic Thinking Patterns
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There are at least seven toxic thinking patterns, and there are many ways to combat these patterns, which produce negative outcomes. Toxic patterns imprison our brain with pseudo feel-goods, and other lies. The way to break the toxic thinking patterns is to become aware of the toxic thinking. Toxic thinking is in direct opposition with positive thinking. The “dirty dozen”, is a phrase used to describe twelve toxic thoughts that target our lives as harmful poisons infiltrating our minds and bodies. The good thing is toxic thoughts and toxic patterns can be corrected. Toxic thinking or toxic patterns can be modified by a process called the Brain Sweep.

The negative patterns or thoughts we have developed over time must be dealt with intentionally. The way to deal with these negative intruders is by making ourselves aware that they exist. Once you become aware of the negative enemies you now have the ability to relinquish them from your mind and your life. Replace the negative with positive affirmation and you are on your way.

One of the most productive forces to replace toxic thinking or toxic patterns is happiness. Paul states in Acts 26:2 I think myself happy, King Agrippa. The process of thinking happy thoughts supersedes any negative thoughts at any time. Give yourself an arsenal full of positive weapons by watching positive television shows, listening to positive music, and engaging in positive conversation. By doing this you

are on your way to destroying the toxic thought pattern and toxic thinking that has trapped so many. For as he thinketh in his heart so is he (Proverbs 23:7).

Works Cited

1. Leaf, D. 2009. Who switched off my brain. Thomas Nelson Publishers. Southlake, TX.