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LS 101 Developing the Healthy Leader

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Toxic thinking patterns

Our mind will naturally go to a certain form of thinking and processing. Our job is to captivate each thought and determine how to process it, as our thoughts determine our destiny. 2 Corinthians 10:5, stated; Casting down imaginations, and every high thing that exalted itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. We must develop the art of discerning a thought quickly and learn how to refuse those that are negative.

Athena Staik stated that habitual thinking patterns can cause intense feelings of fear, anger, shame or guilt. They are not only toxic but also addictive in nature. Because they stimulate pleasure and learning centers of the brain like addictive substances. Staik explains that toxic thinking is naturally obsessive and causes intense fear-based feelings, which can overwhelm or zap our body's energy supply. It consists of thoughts that cause disaster, perpetuates worry, instills doubt, obsesses on perfection, describes self (or another) as a victim, or point fingers at others. It paints images of self and others with colors of lack, gloom or failure. If we are the trigger of, they are automatically activated as they are our protective strategies. Our body associates them with pseudo "feel good" feelings that lower our anxiety, although in useless, quick-fix ways.

Due to neuroscience research, we understand the processes that lead to the development of healthy and unhealthy habits, to include addictions. This gives us a clearer understanding of

the way intoxicating highs stimulate the “reward” centers of the brain, and the role played by mix emotions, pleasure, and fear in simulating addictive relating patterns, or emotional reactivity in general. Dopamine, a neurochemical induces the high. It is a chemical messenger of the brain; its role is to form addictions healthy or not. Staik explains that dopamine conveys “teaching” signals to the reward centers of the brain responsible for acquiring new habits.

Fear stimulates the reward centers for the release of hormones. It works together with pleasure to enhance and intensify the highs in the brain’s reward centers. When fear is the source of behavior, it is connected to the part of the brain that is responsible for ensuring survival which causes the fight or flight stress to reply.

Staik express that toxic feel good thinking patterns are like addictions they are an escape, they are unable to aid in the control of your life, and this lack of control cause lies, falsehoods and acts of desperation.

Reference

Staik, A. (2011, July). Seven Toxic Thinking Patterns to Break How Pseudo Feel Goods Trick Your Brain Part.

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The holy bible: King James version. (2014). Peabody, MA: Hendrickson.

2 Corinthians 10:5