

LS 101 Developing the Healthy Leader

Week 6 Assignment

September 27, 2017 discussing toxic thinking patterns

Marie Mahan

Toxic thinking patterns interfere with one's self-confidence in a major way. How are you supposed to feel confident, or make the space in your mind to feel good when you focus on the bad? This can derive from a myriad of sources including a bad experience, broken belief system, an unresolved emotional issue, or a narrow view or perception of the world around us.

It's not just our toxic thinking patterns that get in the way; it's our environments too. [CITATION Sta11 \l 1033]. How much of your day do you surf the internet, refresh your newsfeed, and talk with others who are complaining, spreading fear or adding more stress to your life? If you are hanging out with people, who weigh you down you're bound to feel that negativity as well. You can identify and erase toxic thinking patterns from your mind.

| [APA Reference](#)

| [Staik, A. \(2011\). Seven Toxic Thinking Patterns to Break](#)