

Toxic Thinking Patterns

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Running Head Toxic Thinking Patterns

Toxic thinking patterns start the moment a thought enters into our mind and we don't transform it into a positive thought. Toxic thoughts come from many areas and experiences and enter through the five senses. Toxic thoughts that take root in our mind, go into our subconscious mind and can affect the brain and body adversely. Dr. Leaf says every thought is actively changing the brain and the body, for better or worse. Once in our subconscious mind, we believe it to be true and it forms as a memory in our minds, therefore, affecting our reactions. If the thought is toxic, it can cause serious health problems such as stress and mental disorders. It can also cause emotional and relationship problems because our perspective is wrong. We have the power to decide if a thought is toxic or not. We must rely on the Holy Spirit to help us identify those thoughts and detoxify our minds (Psalms 51:10).

References

Leaf, C. (2009). *Who switched off my brain? Controlling toxic thoughts and emotions*.

Southlake, TX: DrLeaf.com