

Toxic Thinking Patterns

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Toxic thinking can take over natural brain functions, it will then switch positive thoughts with false pseudo feel-goods and deceptions. To change this type of thinking patterns, it is important to be aware of them and discover how they work. There are several toxic thinking patterns that we must be mindful of: blaming, triangulating or gossiping, rescuing others, fault-finding or complaining, portraying self as a victim, and making excuses. Because toxic thoughts can creep in and mislead the brain it is important that one should have conscious awareness for mind renewal. The mind should be treated as it is of the highest value, therefore; it is in one's highest interest to change and replace all toxic thoughts. Since the way we think influences our actions, it also, in turn, impacts our life. This is why healthy thinking patterns are essential and should be practiced to positive impacts one's life.

References

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