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LS 101 Developing the Healthy Leader

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Toxic Thinking Patterns

Toxic thinking patterns will interfere with a person's self-confidence in a major way (Roberts,2017). It is often hard for a person with toxic thinking to feel confident, hopeful, or even feel good about themselves when they are focused on the bad. Toxic thinking tricks your brain to rely on quick-fixes pseudo "feel-goods". Toxic feel-good thinking patterns are excuse or lies that a person over time has told themselves that are rigidly held in place by fear-based beliefs (Staik,2011). Toxic thinking patterns and pseudo feel-goods blocks a person's mind from changing and from healing. Your thoughts reflect your beliefs and your choices reflect your thoughts (Staik,2011). They are your own remarkable responses to the circumstances in your life. Your thoughts influences change because they shape how you respond, relate, or react to circumstances and life around you.