

The Neuroscience of changing Toxic Thinking Patterns (1&2), your brain is wired to love and to produce change, a constant in the brain, as it is in life change involves learning, and all learning generates change in the brain. Thoughts spark emotion-driven action, just a little thought can drive you to make a decision it can result in you taking action or not action at all, It is your choice. Your body Is wired to work together to spark neurochemical changes in your brain in the direction of your highest good and happiness. Certain learned neural patterns of thinking, however, interfere with these natural impulses. Toxic thinking is a protective strategy that unnecessarily activates the body's survival response. Though well-meaning, essentially, it's an ineffective way of dealing with painful feelings, such as not feeling "good enough", "deserving enough" or "having enough" in relation to others, all of which are a natural part of dealing with life or relationship issues, and other stress situations. Thoughts influence change because they shape how you relate or respond to events and life in and around you.

Staik, A. (2011) Toxic Thinking Patterns