

Toxic Thinking Patterns

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The concept of toxic thinking patterns refers to how the brain responds to interactions with the outside world. Staik (2016) states that toxic thinking is normally compulsive in nature, these thoughts may overwhelm or deplete the affected individuals energy supply. Often Staik (2016) refers to toxic thinking patterns as a drug of choice for those that experience it. They are automatic and referred to as not being real thoughts since the thoughts are connected to the subconscious and perceptions. The author also gives reference to the reasons of why individuals are encouraged by toxic thinking or pseudo feel-good thinking. It is notated that people have inborn motivations that shape our wants, thoughts, passions, etc (Staik, 2011). There are seven toxic thinking patterns that Staik (2011) gives as an example: Fault-finding or complaining, blaming, gossiping, communication blocking, rescuing others, portraying self as a victim or helpless, and making excuses. After reading these articles it is easy to see how toxic thinking patterns are quickly relied upon when faced with different situations. It also allows the reader to be cautious with the thoughts that one may have before acting out on the emotion or pseudo feeling.

## Reference

- Staik, A. (2016). Toxic Thinking Patterns – How Pseudo “Feel-Goods” Put Your Brain on Hold (1 of 2). *Psych Central*. Retrieved on September 30, 2017, from <https://blogs.psychcentral.com/relationships/2011/07/toxic-feel-good-thinking-patterns-why-theyre-addictive/>
- Staik, A. (2011). Seven Toxic Thinking Patterns to Break – How Pseudo “Feel-Goods” Trick Your Brain (2 of 2). *Psych Central*. Retrieved on September 30, 2017, from <https://blogs.psychcentral.com/relationships/2011/07/seven-toxic-thinking-patterns-to-break-how-pseudo-feel-goods-trick-your-brain-2-of-3/>