

Toxic Thinking Patterns

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Toxic Thinking Patterns are ruining lives in our society. Toxic thinking translates into stress in our bodies thus putting a strain on our body's systems. It harms the body and the mind in a multitude of ways. These same toxic thinking patterns cause feelings of fear, anger, shame and guilt. What I didn't know, until reading the article by Dr. Staik, is that toxic thinking patterns stimulate pleasure and learning centers of the brain similar to addictive substances.

So, is toxic thinking addictive? According to Staik, "Toxic thinking is characteristically compulsive in nature and causes intense fear-based feelings, which can overwhelm or zap our bodies energy supply. It consists of thoughts that habitually forecast disaster, perpetuate worry, instill doubt, obsess on perfection, describe self (or another) as a victim, or point fingers at others. This is a very interesting concept. There is research to support our understanding of the processes that lead to the formation of healthy and unhealthy habits, to include addictions.

Toxic thinking patterns act as "drugs of choice." This works by the body activating a "fear response" when fear drives behavior. These thoughts are automatic, limited in varying degrees, toxic or negative, but they are not real thoughts. They come from a belief system that could go back as far as childhood. The word "pseudo" means, "not real or genuine." So, our thoughts are not real, but a culmination of toxic thinking patterns based on a belief system filled with lies.

References

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