

Toxic Thinking Patterns

Dexter B. Chapman

Beulah Heights University

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After reading this article titled Seven Toxic Thinking Patterns to break, I was truly surprised to read how we allow habits of the mind to be so toxic. Not once have I considered that putting someone else down, in order to make yourself feel better was a form of toxic thinking. It goes back to the idea that we are what we think. Because we become set in our ways as a form of self-defense, it is impossible to face whatever ghost from our past that may be haunting us.

We are born to love and live as a community, that is how God intended it to be. Due to hurts and disappointments that we experience in life we have a tendency to drown these events out. We get into a groove of lying to ourselves, because it is easier than face our fears. Toxic thinking keeps us from having that life of joy, happiness and love that we all long for.