

LS 101 Developing the Healthy Leader

Week 6 Writing Assignment

October 1, 2017

Discuss Toxic Thinking Patterns

According to Amina Staik there are seven patterns of toxic thinking, they can become habitual or addictive because they arouse both the learning and pleasure centers of the brain much like an addictive substance. The seven patterns are: finding fault or complaining, blaming, gossiping, communication blocking, rescuing others, portraying self as a victim, helpless, or needing to be rescued and Making excuses. These patterns are tricky and stem from fear. They are given power when in the subconscious mind and beneath the conscious mind's radar because subconscious thought are not real thoughts. These toxic thought patterns activate the body's responses to triggers that affect our central fears such as rejection and failure. Toxic thought patterns only ensue negative behaviors and cause more harm than good. Subconsciously we form toxic-feel-good thinking patterns, they cause a threat to our health and well-being because they impede the ability to change and make the healing process ineffective.