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Developing the Healthy Leader

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Toxic Thinking

Toxic Thinking is negative thinking and there are some unhealthy things that can follow; such as unhealed hurt, unmet needs, fear of failure and fear of rejection. It is amazing how God has given us a mind to choose to be happy in our thinking or you can choose to be unhappy in choosing the negative thoughts that come in our minds every day. The enemy comes to steal, kill, and destroy and if he can destroy our minds with those Toxic thoughts; the enemy will. Dr. Caroline said why do we have problems? We have problems because we are wired for love. Why bad choices? God gave us the ability to choose he did not make us robots.

The Bible tells us so is a man thinketh in his heart so is he. When we think Toxic Thinking then we will do and become what we think. Things in life is sometimes hard and you try so hard not to listen to the Toxic Thinking about different situation that goes on every day. I must say to myself let this mind be in me which is also in Christ Jesus because this allow me to think positive in a negative situation. Dr. Caroline said that thoughts influence every decision, word, action and physical reaction we make. We must reverse our toxic thoughts no matter what life may throw at us; we must think on things that are pure, just, lovely. honorable and if there be any good report to think on these things. Dr. Caroline said When Toxic thinking has been broken your thoughts can improve every area of your life, relationship, health and success. Toxic can become physically, emotionally or spiritual dangerous. If we allow our minds as a child of

God to become Toxic thinking we can spiritual die as well.

I thank God for using Dr. Caroline to speak on who switch off your brain. God has given u a design for hope and we can switch on our brain, renew our minds, and heal.