

## A BRIEF DISCUSSION OF TOXIC THINKING PATTERN SUMMERISED.

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Despite of challenge we are human being with many short comings that fails us down, only by the help of God's grace. Let me say that what Dr. Athena say no contradiction with what is happening to many. To discuss it further toxic thinking pattern pseudo "Feel -Good "yet it makes us "feel-bad" in the first place it is a habitual thinking pattern that result to intense feeling of fear, anger and shame or guilt which end up to addiction.

These kind of thought paints image of self and others with colors of lack, gloom or failure as it is stated by Dr. Athena. To continue with discussion there things I noted that strengthen toxic thinking pattern in another word "Drug of choice" and this is SUBCONSCIOUS MIND, that create these patterns like fear which is the basis for behaviors that is connected to the part of brain that is responsible for ensuring survival. Subconscious mind are not "real " thought, they are habitual thought that consists of rigid, black-and -white thoughts such as blame, fault-finding, self-pity etc. In addition to that subconscious mind i.e. toxic thinking pattern aren't either original nor discern what is toxic or healthful. They only imprison a person against what we most need and yearn for life.

Dr.Athena processed discussing seven toxic thinking pattern which one must break down for survival .He stated that toxic thought and it pattern can put a hold on our brains and imprison it with "feel-goods "and other lies. He said the only way to overcome these addictive thought is to be aware of them and to understand how tricky they are, and therefore conscious awareness is the foundation to healing and change processes.

He pointed that the mind of the body is the subconscious mind. Which is an operating system? It needs to be cultivated for healthy thinking pattern. Last not list he concluded with a brief examples of toxic thinking pattern that trick our brain and body which I mentioned few of them in the third paragraph sixth line of my discussion, only to add few example listed by Dr. Athena like; Triangulating, communication blocking, rescuing other, portraying self as a victim, helpless and making excuses. So God help us to say no to these toxic thinking pattern which are negative beliefs and dangerous to our healthy.