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Abstract

Toxic thinking patterns are topsy-turvy beliefs which are protective strategies designed to

activate human defenses effective in putting the brain on hold and imprison it with pseudo

“ feeling good”.

Key words; pseudo, toxic thoughts patterns.

In the context of neural science this pattern are futile attempt to help humans get control

over life that lead to increasingly lose influence instead. Pseudo “feel good” is regarded as the

trickery of the brain where subconscious mind is in charge of the conscious process of the

body.

How can thoughts make us feel good when they make us feel bad? It makes sense to our

brain and body; we need to become aware of them and understand how deceptive they are,

their power to trick our brain exist when they operate beneath the radar of our conscious mind,

where fear and pleasure- inducing thinking patterns train our brain to automatically react in

unhealthy ways, our thoughts shape our behaviors’ and the direction of our lives .

Your imagination is working memory for the creation of self and life. The words you

use and the thoughts you think ,activate dynamic processes in your body .You are whomever you think or say you are.

reference,

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trick your brain. Online journal of applied neuroscience and relationship 2(2).