

Running Head: TOXIC THINKING PATTERNS

1

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2

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3

### Abstract

Our behaviors follow our thoughts. Toxic thinking patterns are determined by what we feed our mind. The ability to renew our mind is critical in changing toxic thought patterns, and thinking about a thought each time dominates the conscious mind. Protein synthesis happens and the toxic thought will either be changed or strengthened.

### Key words;

Toxic thinking, toxic emotions, toxic words, toxic choices, toxic dreams, toxic seed.

Neural science shows that feeding the mind with toxic thinking Leads to brain

Shrinking and becomes nonintellectual. Toxic thinking is compulsive and gambling emotions

which are suppressing and denying blocking the flow of the vital feel-good unifying

chemicals running our biology and behaviors. Toxic words are symbolic output of the

exceptional process happening epigenetic and genetic levels in the brain. They are influenced

by the five senses resulting to choices made.

Toxic choices can linger in our minds and our lives causing us to experience emotions like

regrets, and unforgiveness. Toxic dreams challenges us to sought out our emotional

lives .the more turbulent and disturbing the dream is the more work to do in your thought life.

Toxic seed can grow roots that can struggle love and joy in lives .When people hold onto

anger and past trauma the stress response stays active, making them sick mentally and

Physically.

Reference,

Carol Leaf PhD.Dirty dozen online journal of applied neuroscience.

