

Through the identification of thought patterns, a person can work towards breaking free of internalized negative thoughts which often lead to self-destruction. Toxic thinking patterns are identified through Abandonment/Instability, Mistrust/Abuse, Emotional Deprivation, Defectiveness/Shame, Social Alienation, Dependence/Incompetence, Vulnerability to Harm/Illness, Enmeshment/Undeveloped Self, Failure, Entitlement/Grandiosity, Insufficient Self-Control/Self-Discipline, Subjugation, Self-Sacrifice, Approval-Seeking/Recognition-Seeking, Negativity/Pessimism.

Toxic thinking patterns can put a hold on our brain, and imprison it with pseudo feel-goods, and other lies. To break the hold of toxic thinking patterns, we need to become aware of them, and yes, to understand how tricky they are. Their power to trick our brain exists largely when they operate beneath the radar of our conscious mind. It how these fear and pleasure-inducing thinking patterns, for the most part, “trained” our brain to automatically react in unhealthy ways. The subconscious mind is stuck, and guess who holds the key to its (and our) freedom? We do. We can make self-directed changes not only to the thoughts on our mind, but also to the neural structure of our brain.