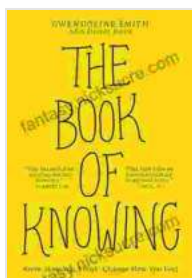


# Know How You Think: Change How You Feel



## The Book of Knowing: Know How You Think, Change How You Feel by Gwendoline Smith

★★★★☆ 4 out of 5

Language : English  
File size : 24416 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 194 pages



Our thoughts have a profound impact on our feelings. When we think positive thoughts, we feel happy and optimistic. When we think negative thoughts, we feel sad, angry, or anxious.

The good news is that we can learn to recognize and change our negative thoughts. By doing so, we can improve our mood and overall well-being.

### How to Identify Negative Thoughts

The first step to changing negative thoughts is to learn to identify them. Here are some common negative thought patterns:

- **All-or-nothing thinking:** Seeing things in black and white, with no shades of gray. For example, "I'm a failure if I don't get a perfect score on this test."

- **Overgeneralization:** Drawing broad conclusions based on a single event. For example, "I'm always going to be lonely because I didn't get invited to that party."
- **Mental filtering:** Focusing on the negative aspects of a situation and ignoring the positive ones. For example, "I got a promotion at work, but it's not as much as I wanted."
- **Disqualifying the positive:** Dismissing positive experiences as not counting. For example, "I got a compliment on my work, but it was probably just because the person was trying to be nice."
- **Jumping to conclusions:** Making assumptions about what someone is thinking or feeling without having any evidence. For example, "My boss is mad at me because I didn't finish that report on time."

## How to Change Negative Thoughts

Once you've identified your negative thoughts, you can start to change them. Here are some tips:

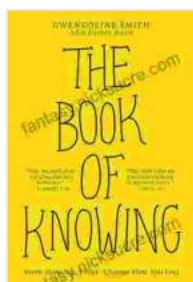
- **Challenge your thoughts:** Ask yourself if there's any evidence to support your negative thoughts. Are you really a failure if you don't get a perfect score on a test? Is it really true that you're always going to be lonely because you didn't get invited to one party?
- **Replace your negative thoughts with positive ones:** Once you've challenged your negative thoughts, replace them with positive ones. For example, instead of thinking "I'm a failure," you could think "I did my best and I'm proud of myself." Instead of thinking "I'm always going to be lonely," you could think "I have a lot of great friends and family who love me."

- **Practice positive self-talk:** Talk to yourself like you would to a good friend. Be encouraging and supportive. Tell yourself that you're capable of anything you set your mind to. Remind yourself of all the good things in your life.
- **Get help from a therapist:** If you're struggling to change your negative thoughts on your own, a therapist can help. A therapist can teach you coping mechanisms and provide support.

Changing our negative thoughts is not always easy, but it is possible. By following these tips, you can learn to recognize and change your negative thoughts, and improve your mood and overall well-being.

Remember, you are not your thoughts. You have the power to choose your thoughts and change your life.

[Click here for more information on the mind-body connection.](#)



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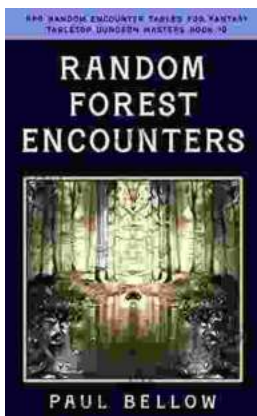
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