

STOP NEGATIVE THOUGHTS TODAY



WORKBOOK

FREE EXCERPT

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Author of The Power to Rejoice: 21 Days to Victory Over Your Problems

Copyright Page

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INTRODUCTION

Our thoughts are powerful. In fact, they impact our lives in the following ways:

- a. Our feelings - Whether we are happy or sad, confident or doubtful, at peace or afraid, content or frustrated, pleased or angry.
- b. Our actions - Whether they are self-defeating or self-promoting.
- c. Our results - Whether or not we achieve our goals.
- d. Our health - According to the Mayo Clinic, positive thinking provides the following health benefits:
 - Increased life span
 - Lower rates of depression
 - Lower levels of distress and pain
 - Greater resistance to illnesses
 - Better psychological and physical well-being
 - Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
 - Reduced risk of death from cancer
 - Reduced risk of death from respiratory conditions
 - Reduced risk of death from infections
 - Better coping skills during hardships and times of stress

It is no wonder that King Solomon, the wisest man who ever lived, said: *Be careful how you think; your life is shaped by your thoughts.* (Proverbs 4:23)

Despite their power, studies show that 80 percent of our thoughts are negative.

Dr. Aaron Beck, one of the founders of Cognitive Behavioral Therapy, developed an acronym for negative thoughts. He called them ANTS - Automatic Negative Thoughts.

Dr. Beck determined that ANTS:

1. Can be about yourself, others, the world or the future.
2. Show up uninvited.
3. Are repetitive.
4. Are believable.
5. Are irrational.
6. Make you feel bad about yourself, others and life in general.
7. Lead to behaviors that harm yourself, others and your life in general
8. Wreck your health.
9. Block you from achieving your goals and purpose.

Despite their impact, we give negative thoughts (ANTS) free rein to come into our minds unchecked. It's like we are sitting in the back seat and our thoughts have the steering wheel and are taking us wherever they like.

I have great news! I have developed a three-step process that empowers you to take control of your thoughts.

The process is based on 2 Corinthians 10:5: *We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Having identified the 13 types of negative thought patterns, the three-step process that I created is called **C-A-R**, which stands for:

Capture the thought.

Ask yourself a question to challenge the thought.

Replace negative thoughts with a positive thought. How to get the maximum benefit from this course:

1. Review the 13 negative thought patterns.
2. Select the thought pattern you use most often.
3. Complete the C-A-R process for that thought pattern.
4. Tips for creating replacement thoughts for your ANTS:
 - a. Use the present tense. Instead of saying "I will", "I am going to", "I need to," "I would like to," etc., keep the replacement thought in the present tense. This establishes in your mind that the desired change is true today, not some day in the future.

- b. Keep it simple (K.I.S.). Use short, powerful sentences. This makes the thoughts easy to recall throughout the day when you need a boost of motivation or confidence.

Example: "I choose when, where and how I spend my time. And I choose to spend my time in a way that helps me accomplish my goals."

- c. Put it in writing. By copying the replacement thought word for word, the brain absorbs the message through the act of writing. An alternative method is recording yourself reading your replacement thoughts and listening to them throughout the day.
- d. Support the replacement thought with a relevant Bible verse. Quoting God's word reminds you of his never-ending love and power, which gives you confidence, peace and joy.
- e. Repeat the replacement thought. Regular repetition of positive statements conditions your brain to not only accept them as fact, but to look for ways to make them happen. Set aside five minutes three times per day - in the morning (while shaving or putting on makeup), midday, and evening (perhaps at bedtime) - to repeat the replacement thought. If you have recorded the replacement thought, play your recording in the background on the commute to work, during a jog, as you go about your day, and just before bedtime.
- f. Visualize yourself being exactly the way your replacement thought says you are.

A word of caution: The C-A-R process is not a quick fix, band-aid solution for taking control of your thoughts. Instead, it takes time and effort. As Dr. Caroline Leaf says, it takes 21 days to break down a core habit and build up a replacement one. Then it takes 42 days to practice the new way of thinking in order to avoid falling back into the habit.

But remember, we are not talking about a temporary solution. Instead, this is a change that lasts and determines how you feel, the actions you take and the results that you get.

With that being said, let's dive right in. I have identified the 13 types of ANTS.

Read the definition and example(s). Complete the ANT Worksheet in order to overcome each type of ANT.

NEGATIVE THOUGHT PATTERN #1

All or nothing - Anything short of perfection is viewed as a failure. Also called **black and white thinking**

Capture your thought that fits into this thought pattern.

Example: If I can't do it perfectly I may as well not bother.

How do you feel? Example: Discouraged

Ask yourself: Is this thought in line with God's word? If so, keep thinking it. If not,

Replace your thought.

Example: Although I am committed to doing great work, I do not demand perfection of myself.

Supporting Bible verse: Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people. (Colossians 3:23)

How do you feel as a result of the new thought and supporting Bible verse?

Example: Encouraged.

Other examples of this ANT: "I ate a slice of cheesecake. I may as well eat the entire thing, since I have blown my diet anyway." "If I don't get the top rating I will have wasted my time." "I did not finish the project perfectly, so I failed."

NEGATIVE THOUGHT PATTERN #2

Labeling - Making negative characterizations:

a. About Yourself.

Capture your thought that fits into this thought pattern. Example: I can't remember names.

How do you feel? Example: Frustrated.

Ask yourself: Is this thought in line with God's word? If so, keep thinking it. If not,

Replace your thought.

Example: I have a good memory. I easily remember names and other important information.

Supporting Bible verse: I can do all things through Christ who gives me strength. (Philippians 4:13)

How do you feel as a result of the new thought and supporting Bible verse?
Example: Peaceful

Other examples of this ANT: "I am a loser." "I am incompetent." "I am not good with words." "I can't seem to get anything done." "I am just not creative." "I am a bad parent."

NEGATIVE THOUGHT PATTERN #2 CONTINUED

Making negative characterizations:

b. About Others.

Capture your thought that fits into this thought pattern. Example: My boss is a jerk.

How do you feel? Example: Frustrated.

Ask yourself: Is this thought in line with God's word? If so, keep thinking it. If not,

Replace your thought.

Example: I do not judge peoples' character, motivations or actions.

Supporting Bible verse: Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. (Luke 6:37)

How do you feel as a result of of the new thought and supporting Bible verse?
Example: Calm.

Other examples of this ANT: "My boss is a micromanager." "My neighbor is selfish."
"My co-worker is lazy." "My sister is inconsiderate." "My client is a pain in the neck."

The regular price of **Stop Negative Thoughts Today** is \$29, but if you order today, you pay only \$19, a 35% discount.

Stop Negative Thoughts Today is a downloadable product. This means no shipping charges and no waiting for delivery. Instead, you can begin learning and applying the practical steps immediately.

Testimonials

"This course was extremely valuable to me. I used to get a cold every year. That is not the case anymore" -Darius T.

"Thanks for sharing this powerful information. I have lowered my blood pressure to the normal range." -Cathy M.

"This is a sure-fire process for transforming your thought life. I have improved the way I feel, my performance and my results." -Charlene G.

"This course was extremely valuable to me. I now have better coping skills during challenging times." -**Darius T.**

"Thanks for sharing this powerful information. Changing my thinking has improved my health and performance." -**Cathy M.**

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