

Automation can be good or bad. On the one hand, things become faster and easier. On the other, people lose jobs, and industries are disrupted. Automation made lamplighters and street poop cleaners obsolete with the advent of electricity and cars, for example.

That will soon be happening with fossil fuels (fortunately!). We drag our feet (like the lamplighters and pooper scoopers no doubt did) and complain about the loss of jobs when in reality, in 100 years nobody will know what a gas station is.

Jaguar, Cadillac, Volvo, Hyundai, and Mercedes are expected to be all-electric by 2030, with GM following by 2035.

Ford is coming out with an electric F150.

The EU is proposing a ban on new sales of gas cars by 2035, so like it or not, this NEW AUTOMATION is here to stay.

And while automation creates growing pains - and even outrage, it's part of our global evolution and we need to be good with it.

But what about automatic thoughts?

They're instantaneous, habitual, and unconscious. We all have them, and some (if not all) of them, are as useful as lamplighters and pooper scoopers.

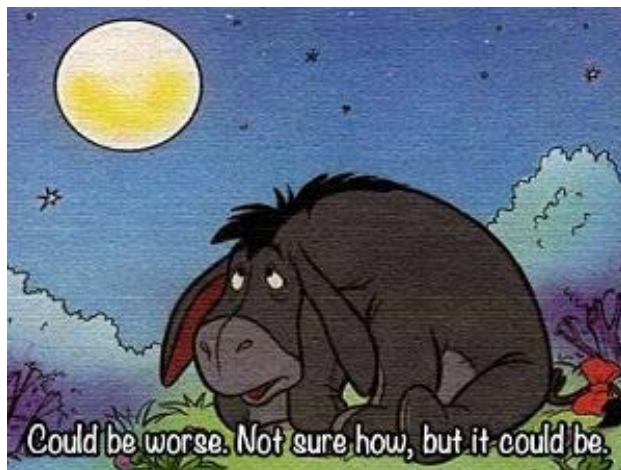
Those automatic thoughts can trigger all kinds of negativity - I posted something encouraging in our Facebook group about having a positive attitude, and someone posted back, "Easier said than done," or something like that.

Did she mull it over, think it through, or ponder it first?

No - automatic thought became the post. It's important to remember that automatic thoughts are influenced by our experience and worldview—everyone's automatic thoughts are different.

So how do we get rid of this type of automation?

1. Catch them. HINT: You know you're instantaneously, unconsciously, or habitually doing this if you're negative, miserable, and can't see anything but darkness.



2. We can feel several things at once, and how we react is how we perceive it. I shared the story about Leah's engagement. When I heard the news, I was happy, surprised, and excited, but also sad and even mad at Mark when I found out that he had known about it for a while without telling me. Those thoughts were all automatic. My reaction? I had to stop, think about it, and discuss it with Mark.

3. There are three types of automatic thoughts:

Neutral: I need to get dog food.

Positive: I can do that well.

Negative: That's too hard for me. I must be dumb.

When the negative thoughts dominate, that's when you have to assess them.

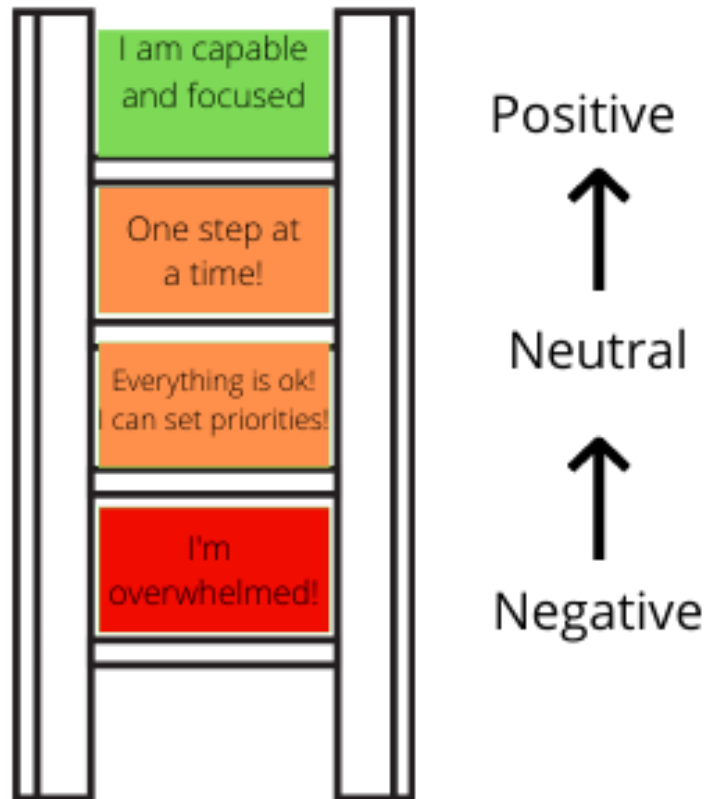
4. Feelings are not thoughts.

I felt hurt, but it was my thought that Mark didn't trust me with such a secret.

Kara Loewentheil has a model called thought ladders:

And guess what? Up to 80% of our thoughts can be negative according to the Cleveland Clinic.

95% of them are repetitive!



What can we do?

1. Feel your feelings--it's perfectly normal to feel! But you don't have to live there. Feel the feels, but then shift your thoughts.
2. Remember we all have Oregon Trails in our brains - but YOU are the BOSS! Stop owning those thoughts that zap and start to clap! (Remember BJ Fogg's high 5, or "Clap Clap - the kitchen's closed?")
3. Take action on the New Thought. This is what being the boss of your brain means!

Old thought: "I'm not good enough."

New thought: "I am the Daughter of the King!"

## **DECIDE. DECLARE. DECREE.**

4. Use empowering language -

- Can you imagine...
- What if...
- It's possible that...
- I can always learn...
- I am open to...

Automating your healthy new habits is crucial for creating a vibrant life. But allowing automated thoughts to have free reign over your life is a big mistake--it's time to take back your thinking and capture your thought life. After all--you're the Daughter of the King. You're worthy of a life worth living!