

The way we think can be a reflex, and each of us has different triggers. What is the result of this knee-jerk thinking? We look for comfort!

Sometimes this leads to bad behavior - this is how I became addicted to food. Instead of dealing with our emotions and feelings, we pick up a bad behavior and try to comfort ourselves with it - even when it is ineffectual and gives us relatively little relief.

These negative loops all start with a thought. We wouldn't turn to a bag of potato chips without thinking about it and premeditating it. (You would have had to get in the car, drive to the store, purchase the chips, and so on...)

Here are some clues that you may be stuck in a negative loop:

- You "should" a lot. "I should do this, I should do that." You can't change until you stop focusing on what you should be doing, and start putting in the action.
- You compare yourself to others. "At least I don't have a food addiction like ..." or "I could never do what she does" (either good or bad).
- You distort the truth, either catastrophizing things or writing them off as "not that bad."
- You use negative "I am..." statements. "I look awful in a bathing suit." Remember, your brain looks for evidence to support the things you say about yourself.

- "Futurizing..." - I'll never be able to...[fill in the blank]

The whole key to this new vibrant kingdom is simple:  
AWARENESS + ACTION (Pancake Diet) ... on REPEAT!

Breaking a bad habit is like breaking up with an abusive partner. Sometimes the abuse is obvious (bruises), but other times it is more subtle (put-downs, blaming, rejection, etc.)

So how do we stop the Knee Jerk Thoughts (KJT's):

1) Think about the Stink: Thinking about our thinking is WISE - especially when we can pull out the bad apples.

2) Look for evidence to support your new thoughts and the vibrant life that you have been seeking.

3) Use positive I AM statements. I challenge you to write a positive I AM statement every day for the next 10 days!

4) Write it down. Unload the negative baggage, feel all the feels, but then take that focus and energy and spend it on creating the life you want.

5) Gratitude is sunshine - have gratitude for the changes in your life!

Pinkies up, Lovely! ❤️