

# M2 Working with Sticky Thoughts

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Because our brains have a built-in negativity bias, the thoughts that stick are typically the ones that are unsupportive – critical, judgmental, fatalistic in nature. While these are natural occurrences in the mind, they can keep us from manifesting our most resilient nature. The following is an exercise to help untangle ourselves from the stickiest of our thoughts.

Be patient with yourself. The roots of these sticky thoughts have had years to embed themselves and will require kind, diligent and compassionate action to unhook from them.

1. Become aware of a repetitive, recurring sticky thought you think often. There might be many, pick just one at a time to work with. Write it down.

2. Inquire into the origin of this thought. When was this thought seed planted? Where did it come from? How long have I been carrying it?

3. Ask, is this thought serving me? How is it affecting the quality of my life now?

4. Consider the possibility of letting this sticky thought go. What might you say to the thought to release it? How might you envision releasing it? Get creative.

5. Imagine a life without this thought. Write a vision for your life without this thought.

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