

Neutral Thoughts to Think

AKA BRIDGE THOUGHTS

Start with where you're at. Notice when those doubts, negative comments, and insecurities start chiming in and talking to you (sometimes yelling at you). They want you to believe that you're lacking in someway. When you believe that, you suffer. You feel pained and low. Before you can feel GOOD and get to where you WANT to go and believe AMAZING things about you, you have to get to neutral.

Neutral is a beautiful space. Neutral means OUT of negativity. You're not in the, "I'm incredible and can take over the world side" (yet), but you're out of the dreary, insecure, "I'm not worth anything" side. It's hard to think and believe anything good about yourself when you're in the negative side. People can give you compliments but you wouldn't believe them and chances are your inner critic will have a lot to say about what you "really" are. But when you can get to the neutral zone, you start to feel the heavy, dark weight being lifted. You don't believe all wonderful things about you YET, but here, you're in the realm of POSSIBILITY. Here there's hope that maybe, just maybe I could be more.

On one side of the bridge there's the dark, insecure, doubting you. On the other is the you, you WANT to be. The confident, brimming with positivity and potential you. And then there's the bridge. The neutral path from one side to the other. We use these bridge thoughts or Neutral thoughts to take us there.

The point isn't to just SAY these thoughts. The point is to BELIEVE these thoughts. So if you've been living in the land of insecurities and doubts for a while you'll need to start slow. Take it one step at a time and that's OKAY. You're taking steps and that's great! Start with, "There I am." Your brain will want to argue with anything new and put a spin on it but if you stick to facts, it won't have as much to say. There I am. Anytime you look in the mirror instead of going to critiquing or scolding or anything negative, just say, "There I am." and STOP. Say it again and again. There I am. There I am. There I am. Your brain DOES get the hint and the practice pays off. It'll learn what you want it to. "Oh, this is what we're believing now. Okay, there I am."

theCatalystCoach

HANNAH COLES - LDS LIFE COACH

Neutral Thoughts to Think

AKA BRIDGE THOUGHTS

Your THOUGHTS create how you FEEL.

In this simple, yet POWERFUL exercise you can train your brain to get out of criticism and into possibility.

Try each thought on one at a time and see how you feel. For example, the thought, "I may be wrong about..." When my insecurities flare up and want to share negative feedback with me. I can pause those thoughts and choose to think instead, "I may be wrong about that."

Thinking this WILL cause your brain to pause and in that pause you are starting to make room for thoughts you WANT to think. It creates distance between you and the negative belief you've had for x amount of time. Then in that space you can slowly start to believe something new. How might I be wrong about...? Now you've given your brain a new focus, to look for how you might be wrong about that original thought.

For example, if I believe I'm not good enough. Instead of telling myself, "I'm not good enough" I replace it with my neutral thought, "I may be wrong about that." My brain will look for evidence to prove this true. So all day, each day that I keep practicing this thought, I may be wrong about this." It'll keep looking for all the reasons I am enough instead of looking for reasons I'm not enough.

To start, Pick ONE neutral thought you want to practice believing as a replacement to the negative thought.

Then EVERY SINGLE TIME that thought wants to pop up- PAUSE. Don't argue with it. Don't add to it. Just breathe and think the neutral thought.

Repeat it as many times as you need to at first. Your brain doesn't like change of any kind. It will want to argue, "wait...THIS is what we've always thought. Let me try that again." And again the negative thought will arise. So keep repeating the new thought until you have created a new pathway for your brain to go to.

"I'm human. I'm human. I'm human. I'm human."

The negative thought WILL go away and then you are one step closer on your bridge to the other side.

theCatalystCoach

HANNAH COLES - LDS LIFE COACH

Neutral Thoughts to Think

AKA BRIDGE THOUGHTS

- *I am human.*
- *I have a body.*
- *There I am...*
- *I am a Child of God.*
- *My name is...*
- *I am alive.*
- *It is possible I can believe...*
- *I'm thinking the thought...*
- *...and that's okay.*
- *This is where I am today (and that's okay)*
- *This is what I look like today (and that's okay)*
- *I am a person who...*
- *I am becoming someone who thinks...*
- *I'm noticing I'm thinking...*
- *I may be wrong about...*
- *I wonder...*
- *I'm a perfect HUMAN.*
- *I'm willing to believe...*
- *I'm curious...*
- *It's possible that...*

the Catalyst Coach

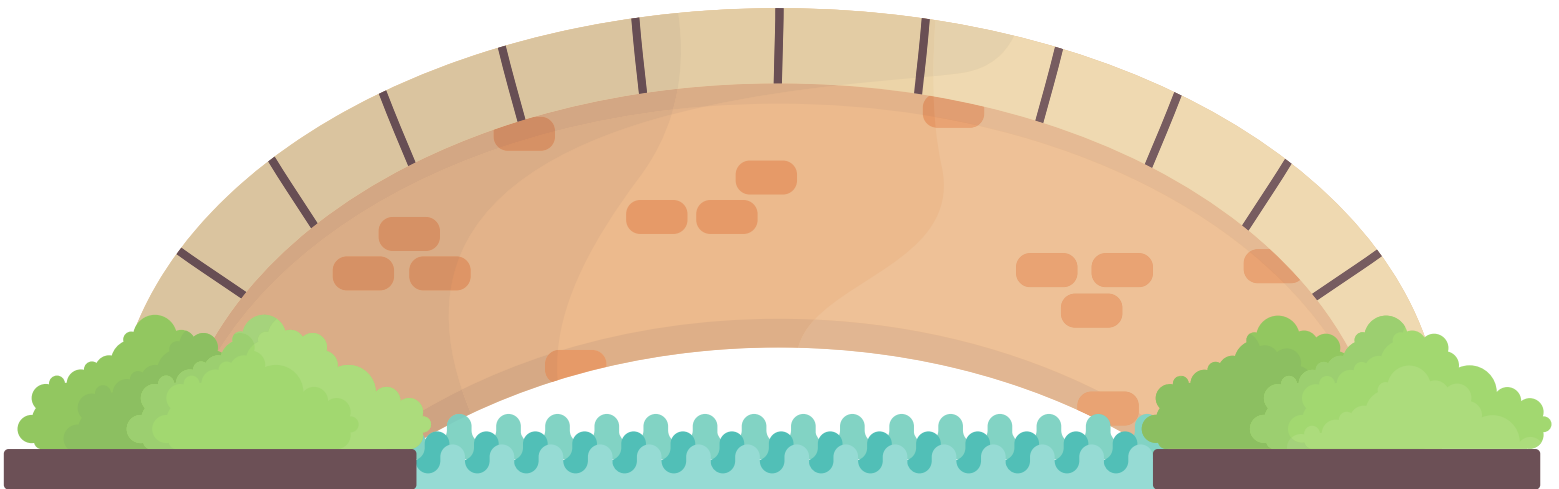
HANNAH COLES - LDS LIFE COACH

Neutral Thoughts to Think

AKA BRIDGE THOUGHTS

Where are you now?

*What is one negative thought you consistently think
and believe about yourself?*



Pick ONE neutral thought to think:

*Practice it again and again and again. Take one step closer to where you
want to be and start feeling better!*

theCatalystCoach

HANNAH COLES - LDS LIFE COACH

Neutral Thoughts to Think

AKA BRIDGE THOUGHTS

*Where are you now?
On a scale of 1-10 where are you on the bridge
towards confidence?*

Need help with this? Want to know more?

*Schedule a consult call with me and let's
get you started on your
path to a more secure, confident you!*

<http://thecatalystcoaching.com/appointment-booking/>

*How would your life change if you were genuinely confident? If you
didn't have to think or worry that you're not enough anymore?
Are you ready to find out? Are you willing to invest in YOU?*

*You have just one life. Just one.
Are you ready to see who you can become with
confidence on your side?*

theCatalystCoach

HANNAH COLES - LDS LIFE COACH