

BRIDGE THOUGHTS

HOW TO MOVE FORWARD

You've tried everything. You've plastered positive thoughts all over your walls, tried reciting affirmations again and again, you tell yourself, "I'm not going to think that again" but these all fall short because there you are again thinking the same thoughts, feeling the same way.



So what can you do?
How do you STOP thinking and believing these thoughts that
you KNOW aren't helping you or serving you in anyway?
How can you move forward?
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I know you might be thinking, "yeah, yeah, I've tried this before. It's not going to work. I've tried to stop thinking these thoughts but they just keep coming and it's terrible"

If this sounds like you, I've got you.
This tool can and will help you get from where you're at now to where you really want to be.

THOUGHTS ARE OPTIONAL

and I'm going to teach you how to move forward.

First, let's talk about why just thinking happy thoughts or positive affirmations just



WON'T WORK

These thoughts are great but the problem is

THEY'RE NOT BELIEVABLE YET

So your brain is resisting. It's retaliating by reminding you WHY these in fact, are NOT true and this is why...(followed by many more negative thoughts leaving you feeling even worse than you did before.



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What you want to do is simply start with where you're at.



What are you currently thinking? Take some time to figure out what story you're telling yourself. What is the problem?

WHY is it a problem?

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Now look at what you wrote, what do you think is the most painful thought?



What thought are you believing that is causing you
THE MOST SUFFERING?



Now important question:

WHAT DO YOU WANT TO BELIEVE?

Most of us never get to this point. We don't really know.

We know what we DON'T want to think but this is super important because you need a direction to move towards. Think about this, if you could believe anything you wanted to believe, what would that be? What's the ideal? What do you WANT?

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Thoughts are important because they create a chain reaction
for our entire experience.

Our thoughts create
how we **FEEL**

How we feel motivates us into **ACTION** or sometimes inaction
and it's because of these actions that we have the **RESULTS**
we have or why things are the way they are.

Notice what your current thought is creating for you



Example:

Thought: I am a terrible person

Feeling: terrible

Action: beat myself up. Notice all the ways I showed up terrible.

Result: Solidify the belief that I am terrible

**Do you see how powerful our thoughts are? And how they
create your current reality?**

Notice what happens when we change the thought:

Thought: What if I'm not a terrible person?

Feeling: curious

Action: Look for ways that I'm not terrible, look for things I do or say that prove that maybe
I've been thinking about this all wrong and maybe, I'm really not a terrible person.

Result: Start believing in the possibility that I'm not terrible.

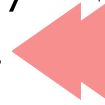
SO HOW DO WE GET THERE?

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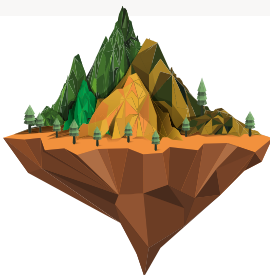
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Before you can feel GOOD and get to where you WANT to go you have to get to **NEUTRAL**.



Neutral is a beautiful space. **Neutral means OUT of negativity.** It's hard to think and believe anything good about yourself when you're in the negative side. 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 YET, but here, you're in the realm of POSSIBILITY. Here there's hope that maybe, just maybe this current state (thought) is indeed **OPTIONAL**.

Visualize this as if you're on an island. This current island is your current thought. Notice how it feels, how you show up, what you create when you think and live in this space.



Now, over in the distance you can see another place. This is where you WANT to go. It looks happy, peaceful, loving over there. You want to get there but there's water in between. You need a BRIDGE, something to give you access to this other land. You need a neutral path from one side to the other.

Important note: the point isn't to just SAY these thoughts. The point is to BELIEVE these thoughts – take it slow, one step at a time.

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Some bridge thoughts to try on:

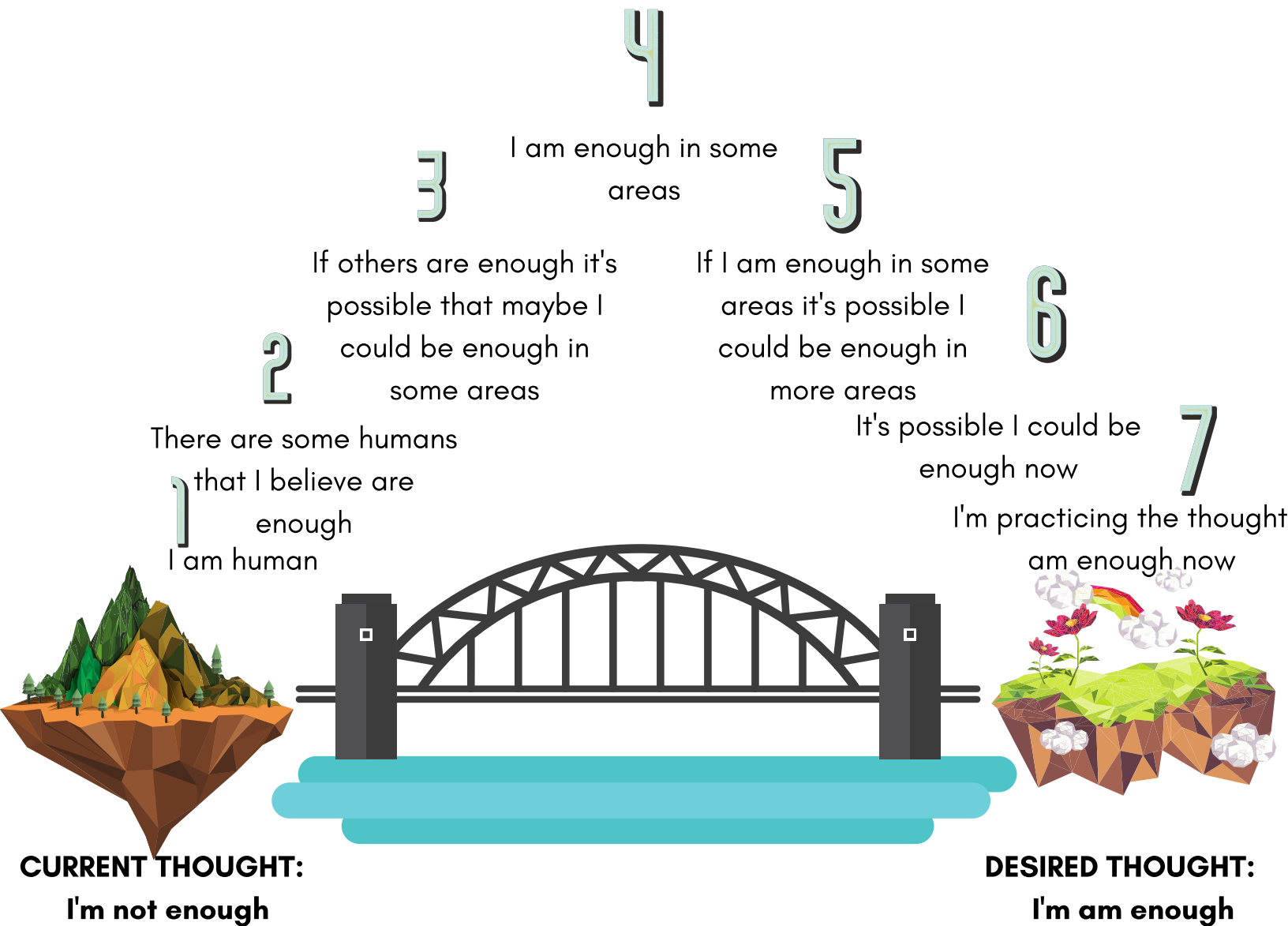
I am human.
I have a body.
There I am...
There they are...
I am a Child of God.
My name is...
This is my face
I'm open to believing
I'm practicing the thought...
I am alive.
It is possible I can believe...
I'm thinking the thought.....and that's okay.
This is where I am today (and that's okay)
This is 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...

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Watch what happens when we start incorporating these thoughts:



DO YOU SEE THE PROGRESSION? YOU HAVE TO STAY WITH EACH THOUGHT, EACH STEP UNTIL YOU FULLY BELIEVE IT. THEN YOU CAN MOVE ON. LITTLE BY LITTLE, STEP BY STEP YOU ARE RE-WIRING YOUR BRAIN AND CHANGING YOUR DEFAULT. THIS IS HOW YOU GET TO BELIEVABLE, LASTING THOUGHTS.

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LET'S PRACTICE

CURRENT THOUGHT:

DESIRED THOUGHT:

1

2

3

4

5

6

7

8

9

10

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**NEED SOME HELP WITH THIS?
I'VE GOT YOU.**

SCHEDULE A CONSULT CALL WITH ME:

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

**OR JOIN THE MONTHLY MEMBERSHIP PROGRAM WHERE
WE DIVE DEEP INTO THIS WORK, LEARNING TO
LET GO OF THOUGHTS THAT AREN'T SERVING YOU
AND INTO THE DIRECTION
YOU WANT TO GO!**

FOR MORE INFORMATION:

members.thecatalystcoaching.com



Hannah Coles is a Certified LDS LIFE COACH. She is the mother of four incredible children and married for over 18 years. She studied at Sacramento State University and trained to be a life coach through, The Life Coach School.

She has helped women from around the world learn to let go of insecurity, self-doubt, and anxiety so they can create a life of genuine confidence, love, connection, and JOY.

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