



Mastering Negative Impulsive Thoughts - NITS

Everyone's mind generates thoughts continuously. This is commonly known as your inner voice, internal dialogue or "mind chatter." It is like having a conversation with yourself, even though most people would not admit that they "talk to themselves". We establish the tone and nature of our internal dialogue from a very young age, and as we grow older, this dialogue changes according to our life experiences.

Unfortunately, many people have mind chatter that is frequently negative. These thoughts occur impulsively so we have coined the term "Negative Impulsive Thoughts" or NITs for short. Nits, which is a common term for head lice have a remarkable similarity to NITs, the negative thoughts because they are both: -

- Highly contagious - spread rapidly from person to person
- Very irritating
- Destructive
- Difficult to detect
- Difficult to treat
- Need repeated treatments

Negative thoughts are like an unrecognised epidemic that is affecting almost every one of us and can affect every area of our lives with devastating effects. They lead to unhappiness, self-doubt, and lack of success.

Having negative internal thoughts directly blocks the creative mind's normal process of looking for solutions to manage a problem. As a result, the effort put into the problem is reduced and creative solutions are not searched for and the project fails. The mind set and subconscious thoughts are therefore a very powerful self-fulfilling prophesy – if you think you will fail, you are right. Equally though if you think you will succeed, you will also be right!

The mind chatter affects you in every aspect of life – how well you learn, what you are good at, whether you are good with the opposite sex, how good you are as a parent, friend, boss, worker etc.

Your mind chatter or internal dialogue is something that has been cultivated over your entire life, influenced by your most respected teachers and reinforced by repeated events over the years. It is therefore well entrenched and deep-seated, with its roots in events and statements that you are probably not even aware of.



So, our first piece of advice is that changing these long-established habits will not occur overnight and will take some persistence and effort – but it **CAN BE DONE!**

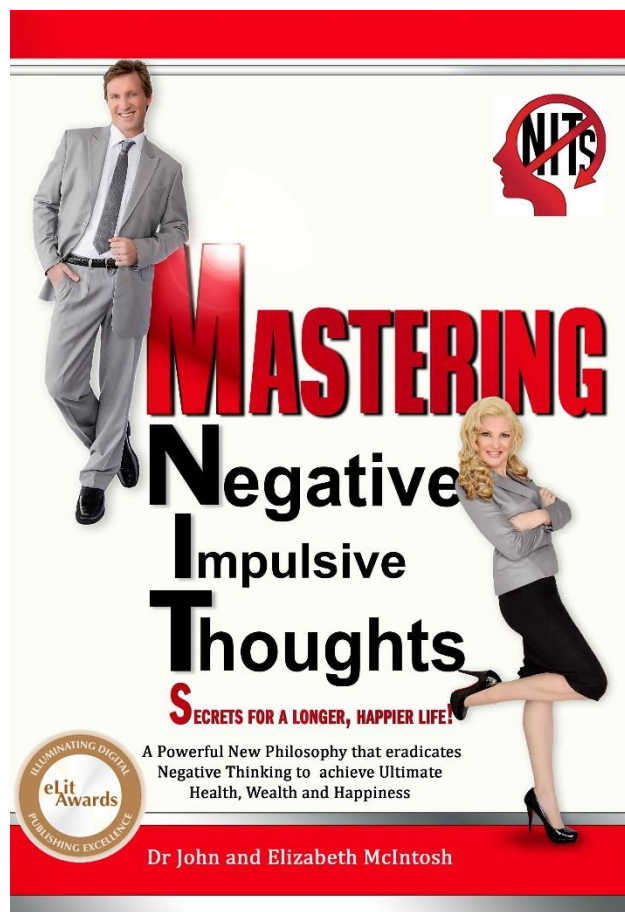
Mind chatter will therefore be going on inside all of us and be with most of us all the time. The big question is:

What is your internal voice telling you?

Learn the important techniques to recognising Negative Thoughts and change your mindset

The Award-Winning Mastering NITs book is available through Amazon or online at

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