



### **The 3 Step Process to Replace Negative Thoughts with Positive Alternatives**

We have developed a 3 Step process to recognise your Negative Impulsive Thoughts (NITs) and replace them with Positive Alternative Thoughts (PATs).

To learn these techniques, you first need to know the different types of mental processing that affects how each one of us learns best. This is useful because knowing how you process information best, allows you to deal with NITs most effectively.

The three ways that we can process information is visually, auditory and kinesthetically.

The people that use auditory processing learn best with sounds, speech, listening and like to hear the information being explained to them directly. Auditory processors are quite happy with verbal presentations as it is their ideal form of learning.

However, the visual processors would not be happy with verbal presentations as visual learners like to see the information, see pictures or graphs and be shown visual representations of the information. Having seen the visual, you feel a lot better, understand it well and are more satisfied. This is the most common processing type.

Finally, Kinesthetic processors are the people that like to feel, do and touch things and link their emotions to the activity. They like to physically do the activity to learn the process and like to get their hands dirty.

Most people commonly have a blend of the different processing types so you may relate to more than one category. However, knowing what your most dominant one is will be the learning style that suits you best and this helps you in any learning situation.

When you learn how to recognise NITs and the 3 step process to convert them into positive alternatives, you will have the power to dramatically improve yourself, your relationships, your workplace and everyone around you.

Only once your own thoughts, words and actions are all free of negativity should you start trying to help others with their NITs and spreading the NIT free gospel of life!

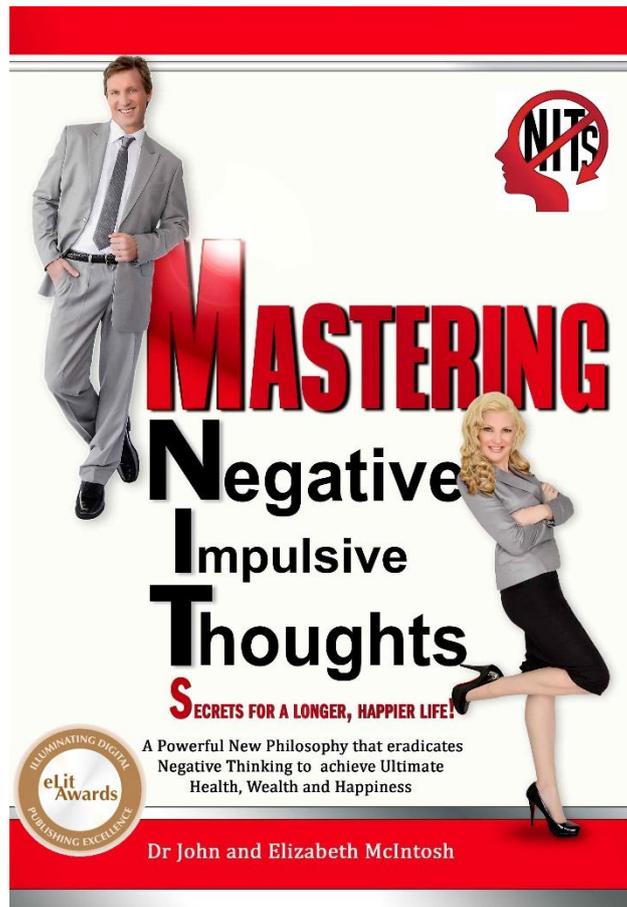


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Learn the important techniques and processes to building mental resilience!

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

<https://www.mcintoshglobalenterprises.com/copy-of-book-orders>



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[www.tufminds.com](http://www.tufminds.com)

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