

SHIFTING YOUR SELF-TALK FROM NEGATIVE TO POSITIVE

Shifting your thoughts from negative to positive doesn't have to be as hard as it sometimes feels. Especially with a tool like the Emotional Guidance System by Abraham-Hicks.

How to use this:

1. When you catch yourself with a recurring negative thought. Find how that thought makes you feel on this scale of emotions.
2. Now look for some thoughts that make you feel the feeling of relief. Typically, these will be thoughts that fit into the emotional category above the one you are currently experiencing.

Examples:

- If you're feeling discouraged (#16), look at the chart below and you'll see that the next step up is blame (#15) so you'll search for thoughts and statements that make you feel the feelings of blame.
- If you're feeling overwhelmed (#11), based on the chart, you'll look for thoughts and statements that make you feel Frustration/Irritation/Impatience (#10) or pessimism (#9)
- If you're feeling content (#7), you'll want to try to talk yourself into a feeling of hopefulness (#6) or optimism (#5)

In the first 2 examples above, the feelings you feel at the end aren't exactly "positive" yet they are more positive than the original feelings you started with.

The Emotional Guidance System

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief

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5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelment
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

The Emotional Guidance System is from the book "Ask and It is Given" by Abraham-Hicks, pg. 114

I highly recommend getting "Ask & It Is Given" to learn how to use this like a pro!