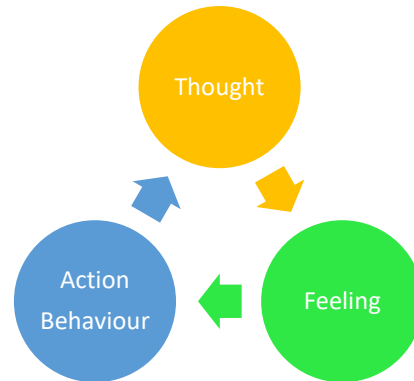# Looping Thoughts

A thought always creates a feeling then a behaviour then back to another thought. This is what we call a looping thought.

> Our thoughts control and dictate our feelings
>
> Our feelings control and dictate our actions
>
> Our actions control and dictate our events
>
> And loop back to prove the original thoughts

When you keep repeating a negative looping thought it then becomes part of you and you may feel you can't stop it. For example:

- THOUGHT – I am so tired, exhausted
- FEEL – drained, fed up and when I FEEL this way I …..
- ACTION – I stop doing anything, stay in bed
- THOUGHT – I can't do this, it's tiring (back round to the same thought)

If you have created a negative looping thought, you can create a positive looping thought which will result in a healthier and more positive behaviour. For example:

- THOUGHT – I have phenomenal coping skills, I have an abundance of energy
- FEEL – motivated, determined
- ACTION – take action to do something, move more
- THOUGHT – I feel good enough, I have got this

When you keep repeating a thought over and over again, you will get the same feeling and the same outcome because your mind only responds to the words you tell it.

To get a more positive feeling you can begin by repeating over and over the same positive thought, then create the same positive feeling which will result in a better outcome and soon you won't even need to think about it because it will be just who you are.

This activity will help you identify your looping thoughts and what you can do to change it.

1. You will find two ladders
2. The first ladder is the current negative thought, and the second ladder is the opposite of the negative thought. Write down the negative thought you keep repeating then write the new positive thought you want to think.
3. When you have the positive thought, I want you to close your eyes and keep repeating it for ten breathes. Notice how you feel in your body. How different is it?

Mindpower Transformations

Write 3 thoughts negative thoughts you repeat to yourself and then write 3 opposite positive thoughts.

Negative Looping Thought	Positive Looping Thought
Thought	Thought
Feeling	Feeling
Action/Behaviour	Action/Behaviour
Thought/Belief	Thought/Belief

The more you practice the positive looping thought you will begin to re-code and rewire your brain!

Happy re-coding and upgrading to an extraordinary life!!!!!!