



THE L.I.F.E TECHNIQUE

SUCKING THE LIFE OUT OF
NEGATIVE THOUGHTS

What's Within U, LLC

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***If you or someone you know is struggling with suicidal or depressive thoughts, please know support is available. While this process is helpful in disrupting negative thinking, it is not suitable for suicidal or depressive thinking. Please, please, please call your health care provider or The National Suicide Prevention Lifeline (1-800-273-8255).



Welcome to **THE L.I.F.E TECHNIQUE**© a ridiculously simple 4-step process for dealing with the negative thoughts that make us feel crappy and keep us from seeing and believing in what's possible.

Here are a few things that I want you to know before we dive into the actual technique.

THING 1: As human beings we're going to have negative thoughts. We're pre-wired for them. And the reality is, it's not the negative thoughts and the stories they create that are the issue. It's what we allow them to do to us. That's where the real issue lies.

For example, those negative thoughts which produce negative feelings keep us stuck in dead-end jobs, settling in relationships that don't work, fearful of taking that chance, or they keep us awake at night, etc.

THING 2: Our minds don't know fact from fiction. Our minds believe what we tell them and that's where our negative thoughts come into play. The negative thoughts skew our perception and the way we see ourselves and the world around us. It's like putting on a pair of glasses with spots. All you see are the spots until you clean them off.

THING 3: Most negative thoughts and stories appear when fear is present.

THING 4: Most of the compelling negative thoughts are based on tantalizing tidbits of assumptions and not facts. It's the negative thoughts that fill in the blanks for the real information that's missing.

THING 5: This explains why our negative thoughts and stories play on a loop... "Psychologist Deann Ware, Ph.D., explains that when brain cells communicate frequently, the connection between them strengthens and 'the messages that travel the same pathway in the brain over and over begin to transmit faster and faster.' With enough repetition, these behaviors become automatic. Reading, driving, and riding a bike are examples of complicated behaviors that we do automatically because neural pathways have formed." (<https://healthtransformer.co/the-neuroscience-of-behavior-change-bcb567fa83c1>)

THING 6: Dr. Rick Hanson, author of the Buddha's Brain explains that our brains are wired to experience negative thoughts. It's called "negative bias". That's why it's important, when it comes to creating a new neural pathway, that we spend time (about 20-30 seconds) enjoying something positive when the negative thought appears.

THING 7: It's natural to feel bad for having negative thoughts. BUT it's feeling bad for having the thoughts that encourages them to hang around for awhile. The good news; we can do something to shorten their stay. You're about to learn how.

Ready to suck the life out of those negative thoughts? Let's get started!



STEP 1: Loop:

Pick a negative thought that is prevalent. One that plays over and over again.

For example, the thought of not good enough. Not good enough to do this job. Not good enough at writing, etc.

STEP 2: Identify:

During this step we identify the trigger(s) that kick that negative thought into action and keep it running on a loop. To do that, please answer the following questions:

1. What are you usually doing when the negative thought surfaces?
2. Who else is involved/present when the negative thought starts?
3. What, if any, situations trigger the negative thought?
4. What commonality between activities, people, and/or situation is noticeable?
5. What makes this commonality an issue for you?

For example, the negative thought of not good enough gets triggered when I'm in social settings where I don't know anyone or at family functions where I'm being asked a lot of questions. The people involved are strangers and/or family that I'm needing to engage with. The commonality is engaging with people in social settings. It's an issue because I'm afraid of being judged. That fear of being judged is the source and the trigger to the negative thought of not good enough.

(If you're struggling with getting to the source, no worries. [Reach out](#) to schedule a one-on-one session.)

STEP 3: Feeling: Current vs. Desired

Feelings play a huge role in making the negative thoughts more believable, as well as supporting our actions or inactions. Feelings also serve as great indicators that there is a negative thought present, especially if the negative thought has become a habit.

During this step, it's time to get really clear on the feelings that the negative thought creates and the feelings that you wish to have instead. Question time:

1. When you think of the negative thought/issue/trigger (identified in STEP 2), what feelings are present?
2. Where do you feel them in your body?
3. What feelings would you like to experience instead?

For example, when I think of the negative thought of not good enough and the Issue of being judged, I get a constricted feeling in my chest and my throat. Rather than feeling constricted, I'd like to feel more relaxed.

STEP 4: Experiment:

Using the feeling(s) that you'd like to experience, create a list of things you'd be willing to experiment with the next time you're triggered. (This is where we create a positive feeling to create a new neural pathway; mentioned in THING 6.)

For example, here are the things I'm willing to experiment with to create that relaxed feeling.

- Deep breathing
- Taking a walk
- Talking with someone I trust

Question: Is there anything you want to say to yourself when you're triggered, something that's believable and helps you to feel better? For example, "Not my storm." "Think what you want. I know who I am." "I'm good!"

VERY IMPORTANT: Presence in situations where you're triggered is critical. Being present helps you to see/feel the triggers so you can engage the new experiment in the moment. The minute you notice the negative thought, that's the time to implement the things you'd like to experiment with and/or say to yourself. Not only are you creating a new habit, but you're creating that new neural pathway...sucking the life out of the negative thought.

Time to rinse and repeat with any other negative thought that is keeping you from believing in what's possible...so you make things happen!

You've got this!