

## WAYS TO REDUCE INAPPROPRIATE THINKING

Reducing inappropriate thinking is about conditioning ourselves to be more watchful about our thinking and learning helpful alternatives. Thoughts and feelings can get too emotionally charged and exaggerated much too easily, without such healthful regard. Empowering self-talk questions and comments can help us deal in healthier ways with our weaker and more stressful moments, when natural ill-thoughts can more easily arise. It is important to learn to recognize and calm such thoughts and feelings, when they arise.

To stop inappropriate thinking, we suggest repeating healthy comments and/or helpful questions to yourself, as well as thinking about and doing other things. See below:

### Direct Your Mind with Wise/Healthy Discipline Self-Talk

(Repeat to smother out ill-natured thoughts)

1. "Stop! Stop! Stop!"
2. "You must snap out of this kind of thinking!"
3. "That's enough of this kind of thinking!"
4. "I can't think about that right now."
5. "Let it go!"
6. "This kind of thinking is not helpful or good for me."
7. "It's important for me to not allow myself to think about such unhealthy thoughts or in such random and casual ways."
8. "The scariest part about our minds is that they can justify thinking about anything they want to think about as long as we let them do it!"
9. "You're going to have to control this kind of thinking or it's going to get to you!"
10. "There is a civilized, appropriate, and healthy way to deal with this kind of thinking and I'm going to find it!"
11. "This has gone on too long without my control!"
12. "I'm going to have to learn to control this kind of thinking or it is going to get out of hand!"
13. "I'm not going to let this thought consume me!"
14. "I'm not going to let this thought continue! It's not a healthy thing to do."
15. "If I let that bother me, it could drive me crazy!"
16. "I need to control this kind of thinking. Don't let it get way out there!"
17. "You don't want to allow such ill-natured thinking to eventually lead you to even worse thinking habits!"

### Acknowledge the Situation

1. "What a way of thinking I'm dealing with!"
2. "Trust that something good will be ahead, something important will be learned and better thoughts can be found, instead of dwelling on the unhealthy or inappropriate thoughts."
3. "This is just another turbulence coming through my mind that I must learn to reduce and overpower."
4. "I know it would be easier to just allow or to follow this kind of thinking, but that would just make things worse!"
5. "To allow this kind of thinking would perpetuate a bad habit!"

## **Ask Yourself Related Questions**

1. "Rather than thinking these unhealthy or unproductive thoughts, what else could I think about that would be healthy to think about?"
2. "Is there something I could do that would help me shift away from these kinds of thoughts?"
3. "What could have sparked this kind of thinking?"
4. "What is causing me to think inappropriately?"
5. "Could I be more calm about this and think about better and more important things?"
6. "Can I expect these thoughts to stop on their own very quickly?"
7. "Sometimes I have to apply more effort than I think to follow specific instructions that would guide me out of a particular unhealthy thought, mood or agitation."
8. "Watch that I don't allow my mind to get in the state of accepting inappropriate thinking!"
9. "Watch for the mind's susceptibility to remain in a feeling or just dwell on the effects of unhealthy thoughts, even though I know it is not best and that I should try to stop thinking about it."
10. "I know better than to just listen when my mind starts thinking this way!"
11. "Could I be thinking this way just because I've learned to allow or accept whatever thoughts came to mind?"
12. "Do I think my mind doesn't get bothered or suggest anything unless it is valid or legitimate? Think again!"
13. "What else do I need to be thinking about?"

## **Do Things that Can Distract You from Inappropriate Thoughts**

1. Anticipate or focus more on things you are doing or need to do.
2. Do something else of value that would take your mind off unhealthy or unproductive thoughts
3. Focus on memorizing something important, such as the headings of these lists or a specific description listed that describes the thoughts
4. Tag an important point to think about memorizing, when the ill-thoughts come to mind
5. Pay more attention to the details of what is going on around you.
6. Think about how you could be kinder and more appreciative to others good qualities.
7. Think about what's going on in friends and families lives to ask them about when you talk with them again, especially important matters, such as their health, events, and other family members, as well as their interests.
8. Think about what's worth complimenting of your life and of other's lives
9. Think about what would be interesting to tell others and whom
10. Think about something you want to improve about yourself
11. Read out loud
12. Write down the thoughts to help you objectively see them for what they are.
13. Meditate and/or ask for relief, spiritually, to stop these kinds of thoughts.
14. Remind yourself to think more positive or optimistic thoughts.
15. Could this kind of thinking be my kryptonite?