

The Sources of Negative Thoughts

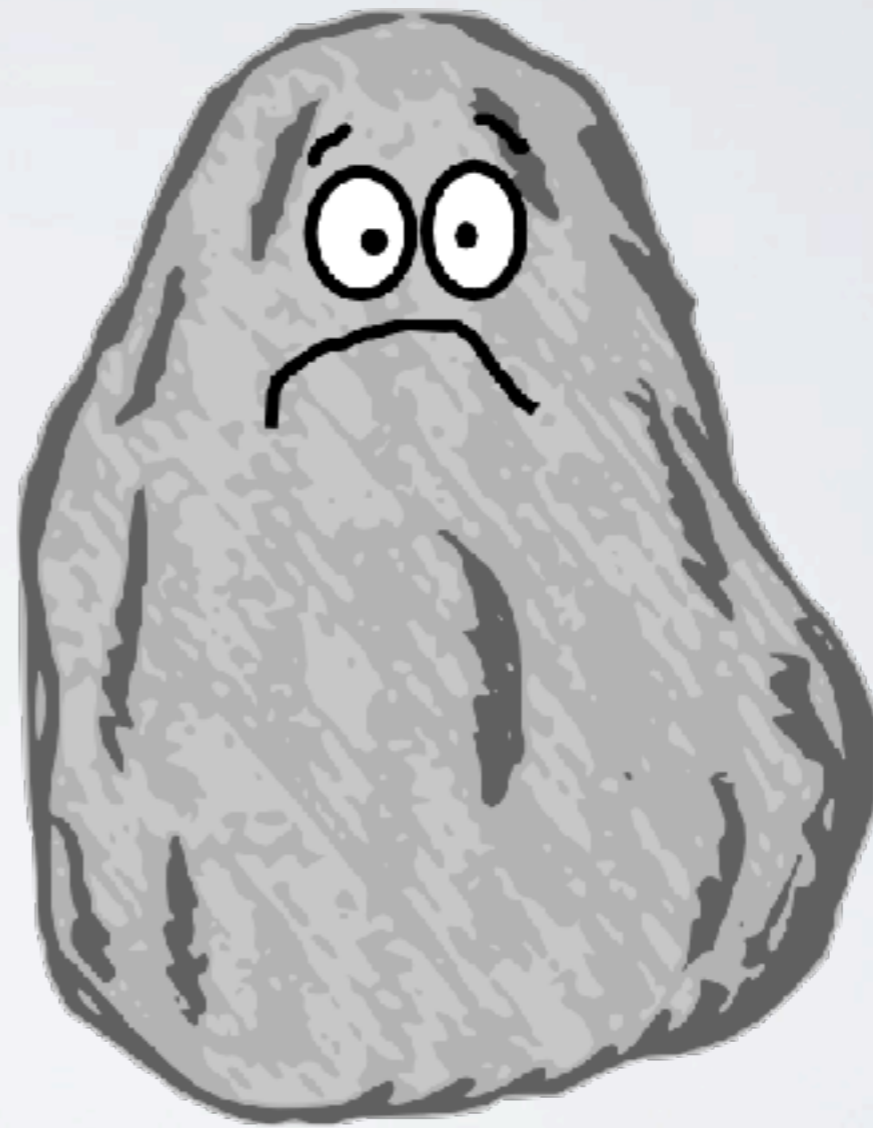
- Have you ever thought about what kind of person you are?
- Do you always think positive thoughts or are you more of the negative type?

- If you sit and think about this for a minute you will realize that you are surrounded with a huge amount of negativity each day.
- Just listen to the news and you will hear negative things. It is so easy to let negative thoughts creep into your mind.

- Following are some other ways which negative thoughts can enter your life...are you guilty of any?

Sources of Negative Thought

- Arguments
- Worrying
- Blaming
- Jealousy
- Mistrust



COncclusion

There is no reason why anyone has to live with negative thoughts, you need to understand why things happen and realize that you can't control everything.

Instead of pouring your energy into negative thoughts you will be much better off with taking steps to improve your life. Your first step is to switch out negative thoughts for positive ones.