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GETTING RID OF TOXIC RELATIONSHIPS- STEP ONE THINKING POSITIVE



Your mind set is very important when deciding to exit a toxic relationship. How you see things from this moment on generates your perception of the soon arriving outcome. Have you heard the saying, your attitude dictates your altitude? In other words, if you are wanting a better outcome in life, you will make the necessary decisions to have a better life. This is positive decision making. If you don't care about life and you don't see things getting better, you will make decisions based on a perception of a negative outcome.

Most negative decisions we make in life are stimulated from past events or experiences of an expectation from the past will repeat itself. Negative decisions can stem from fear, as well. Positive decisions are made mostly from our expectation of what we want in the future. Positive decisions are stimulated from hope.

When thinking negative we tend to limit our thoughts and options. Negativity can have us feeling closed in or trapped. When focusing on more positive things, we open the door to many options which could lead to many different alternative outcomes. Positive thinking allows us to explore possibilities. Positive thoughts free us from feeling enclosed or trapped.

Let's not fall into a bad habit of taking the easy way of thinking. The easy way is to think negative. Thinking negative leads to stagnation or no progression forward. Negative decisions feed our fears. Each of us have our share of being afraid at times. This is natural to feel when entering into something new or a similar situation from the past. Keep in mind this is our perception of what we fear may happen.

When you are faced with fear ask yourself one question; If you were not afraid or scared, what would you do? Asking yourself that question will help you exit fear which is negative and help you enter into the path of positive decision making.

Take a moment.

This week focus on clearing your mind of negative thoughts.



Write down the negative decisions you make through the week and the negative thoughts that support those decisions.

Once you have written the negative decisions down toward the end of the week, Ask the one question for each negative decision you wrote. If you were not afraid, what would you do?



On a separate paper, write the positive response for what you would do, if you were not afraid or scared. Answer it with complete honesty. Now make plans and preparation to enter into the path. It's natural to experience some difficulty when entering into the positive path in decision making. Keep in mind this path will lead you to explore possible alternatives and increase your altitude, so don't give in or give up on you. A better life is for you.