

## **JAMES R. DAVID, Ph.D.**

CORPORATE PEOPLEMAT™ TRAINING, PERSONAL & BUSINESS COACHING,  
INDIVIDUAL & COUPLES PSYCHOTHERAPY

14220 BRADSHAW DRIVE, SILVER SPRING, MD 20905-6503 TELEPHONE (301)989-9155  
james519@comcast.net [www.askdrdavidnow.com](http://www.askdrdavidnow.com)

### **ADDENDUM TO DAILY MOOD LOG: Changing Negative Thinking and Core Beliefs to Positive Thinking**

A basic fact about how we as human beings function is that our thinking or values or beliefs color or filter our perception of reality. Our thinking creates our feelings which form our behavior and then influence our relationships. To have positive feelings, behavior and relationships, we must not only delete negative thinking, we must construct positive thinking to fill in the void created by deleting negative thinking.

A major difficulty people encounter in changing negative thinking to positive thinking is noticing or becoming aware of the negative thinking. The route to increased self-awareness is increased quiet time. Quiet time is generally not a part of our culture. But taking the time to be still, do nothing, and quiet our minds is the prerequisite for awareness.

Any self-description, whether positive or negative (e.g. I remember what I read or I can't remember anything I read) becomes a prescription for ourselves and our subsequent behavior. Our thinking is tantamount to the software of the hardware of our brains. When we keep negative thinking in place, it is like keeping software in our personal computers that has a virus in it.

Here are some guidelines to use when you change your negative thinking to positive thinking.

1. Don't just use the opposite, e.g. "I'm fat" to "I'm thin." Instead, make the positive self-talk as realistic, plausible and believable as possible. For example, "I'm socially unskilled or clumsy" to "When I'm with other people, I take the time to center myself, tune into the other person and think before I speak."
2. Repeat the positive self-talk until it becomes your new identity. This will probably require many days with many repetitions. Write your positive self-talk on a 3x5 card or print/post it in your personal computer where you see and repeat it every day.
3. Create a series or chain of positive self-talk statements. For example, "Every day I relate to people with more skill and mindfulness. I enjoy interacting with people. I feel very fulfilled when connecting with people."
4. Periodically review and revise your positive self-talk to strengthen it by making it more believable, shorter/more rememberable, etc.
5. Ensure that you upgrade your positive self-talk from "I can" to "I will" and ideally to "I am." Your brain literally believes whatever you tell it.