Video Transcript: Understand Negative Thinking Types

Comprehensive text record derived from video content

> **Document Details:** This transcript captures the spoken content from the video session focusing on identifying, understanding, and shifting away from common negative thinking patterns.

Transcript Breakdown

Timestamp	Spoken Content
00:00	So now I want to talk about negative thinking.
00:03	Negative thinking and understanding how your mind works is an important part of this program.
00:08	Ultimately, when we are having negative thoughts, they typically go in a number of categories.
00:15	I will discuss a few here.
00:18	One of the categories is **black and white thinking**.
00:21	Although we know that our mind does black and white thinking very easily, it isn't necessarily the best way to look at situations or to look at yourself.
00:33	Ultimately, if you want to have more balanced thoughts, you also need to see that middle ground.
00:39	You need to see more of that neutral space.
00:43	And the program will help you to not only shift from some of that black and white thinking, but also find that neutral space that can be a little bit more peaceful and balanced.
00:53	The second thought pattern that we often have is called the **shoulds or shoulda, woulda, coulda**.
00:59	Now, our mind will often think of things that could have happened or that might happen.
01:05	That sort of thinking does happen automatically sometimes.
01:09	

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	The goal is to catch ourselves doing it so that we can shift to actually what is because we cannot control what could happen.
01:17	And ultimately, if we find ourselves in that thinking pattern too often, then it can be harmful to our thinking and it can keep us in a negative space.
01:26	The third thinking pattern I want to discuss is called **end of the world**.
01:30	Sometimes when we are faced with challenges, our mind goes to the absolute worst-case scenario.
01:37	We may be thinking that we are trying to protect ourselves by preparing for what could happen, but ultimately, by doing that, we're living in something that has not happened and may not even happen, and we're living in a bit of a negative space.
01:51	So the goal is to recognize when we're doing that and live in what is.
01:56	And again, we want to understand these negative thinking patterns so that we can make these shifts.
02:02	There are many other thinking patterns which you will see information about below, but these you will hear me speak of during the program.

Key Takeaways & Core Concepts

- **Black and White Thinking:** Moving away from extremes to find a balanced, neutral middle ground.
- **Shoulds** / **Shoulda, Woulda, Coulda:** Catching automatic thoughts about what could have been and focusing instead on reality ("what is").
- **End of the World:** Recognizing and stopping the mental habit of jumping to absolute worst-case scenarios.