



How To Eliminate 5 Toxic Thoughts, and Find Self Love

Toxic thoughts can stop you from finding true happiness. Such negative thoughts and emotions can drain you. **They can affect each experience you have** and make you feel resentful.

Beware of these toxic thoughts and use these strategies to increase self-love

- I'll Always Be Alone.** Being lonely and feeling isolated are normal human emotions. However, they become toxic when you think that things will always be this way.
 - This toxic thought can make you feel that you're the only person on the planet. It can make you believe that you'll never find love or a partner, and it can stop you from feeling joy.
 - Instead of thinking you'll always be alone, focus on what you already have.** Do you have loving parents or siblings? Do you have amazing friends, small group members, or coworkers? How about a pet you love, and one that loves you unconditionally? If you look carefully, you'll discover that you're never truly alone.
- I Hate My Body.** Hating your body can be one of the most toxic thoughts in your mind. It can lead to eating disorders, self-esteem issues, and depression. Everyone can find an imperfection, but it's important to avoid dwelling on them.
 - Understand that your body is a gift. It's part of what makes you unique. Notice the things you *do* like about your body. **Accentuate those characteristics, focus on them, and you'll find it easier to start loving the body you have.** Everyone has likes and dislikes about their body, even the most gorgeous celebrities. Ashton Kutcher for example one the most gorgeous celebrities in Hollywood has webbed feet! Who knew? (He is still gorgeous by the way) but he didn't let his webbed feet deter his rise to fame. Look up celebrities with webbed feet and you will be shocked.
- I Hate My Job.** You may hate your Job, but it's another toxic thought, because we spend at least 80% of our time at work. Such negative thoughts about your job can wreak havoc on you mental and physical health. Especially, since you spend 80% of your day doing the same job you hate five to seven days a week.
 - Seek out new work without dwelling on your hatred for the current job. **Follow your passion for a new career without anger and resentment.** It's more rewarding to move toward something positive, than dwell on the negative situation you're trying to escape.
 - Try to avoid thinking about how much you hate your job, and work on pursuing something that will bring you fulfilment.
- I'm Not Worthy.** This toxic thought presents in multiple ways. You may feel that you're not worthy of love, success, money, or other things. You may believe that you must suffer and struggle. You may even decide that you're not meant be great or deserve the finer things in life.
 - However, this toxic thought can stop you from enjoying life and finding happiness.



- These feelings of worthlessness are only in your mind and are false. There is merely a product of your own thoughts, and you have the power to decide what want to do with them. You're a unique person who has value, but you've convinced yourself otherwise.
 - Often, this toxic thought comes from what you think others are think of you. You falsely assume that others don't see any value in you, so your self-esteem sinks to a low level. Even if someone calls you worthless to your face, just remember that negative people only project unto others how they feel about themselves.
 - **Consider starting a new game: congratulate yourself each time you do something right.** Focus on the things you do well and pat yourself on the back. Even small one's count. For example, if you made a tasty breakfast, congratulate yourself. If you like the outfit you're wearing, kudos to you for picking out something nice. **Let your thoughts dwell on what you do right!**
 - If you still believe you're not worthy, then look up **Nick Vujcic, an inspiration, and motivation speaker, born with no arms and no legs.** He is married with two children at the time I write this article. His life story is enough to inspire anyone who feels they are worthless.
5. **I Don't Have Enough.** This toxic thought wears different faces, such as thinking you don't have enough money, skills, talents, or abilities. You may also think you don't have enough connections, friends, children, or things.
- Dwelling on **Scarcity**, stops you from appreciating what you already have around you. They prevent you from finding joy in being thankful and grateful for what you do have.
 - If you don't have enough money, then ask yourself, **did I have a meal today?** If you don't have enough clothes, then ask yourself, **do I have a roof over my head?** If you don't have a roof over your head, then ask yourself, **do I have arms and legs?** If you don't have arms and legs, then ask yourself, **I'm I on a hospital bed with three days to live.**
 - The list could go on and on, in other words, everyone has at least one reason to be grateful. **When you dwell on what you don't have, you will never have enough material possessions, or people to love, regardless of how many you have.**

In Conclusion

Toxic thoughts are easy to create and often hard to eliminate, they can overwhelm you if you aren't careful. If toxic thoughts have gotten a hold on you, it's important to take action to uproot them from your mind. One way to eliminate toxic thought from your mind is to those thoughts out loud. In other words, verbalize your positive thoughts out loud to counter the negative thoughts.

When you positively speak out loud, it will drown out the negative thoughts, and your mind will have no choice but to fall in line with the positive words that are coming out of your mouth. Pay attention to when these toxic thoughts arise, and **immediately, switch that thought to one that's more positive and uplifting.** Meditate, repeat affirmations, try these ideas to loosen their grip. Do these actions consistently, and you'll find the **Self Love** you deserve.