

How to eliminate negative thoughts?

There's always a part of us, a voice trying to say how bad we are. Confronting these harassing thoughts in your head is not easy. Although it is difficult, if you learn how to handle them, there is always an opportunity, an ability that allows you to achieve almost anything in life.

There's always a part of us, **a voice trying to say how bad we are** . You know it's there and me too, but if you let that voice make your life, you will be the loser. It is this voice that prevents people from daring to create start-ups, leaving us to landmark blogs, leaving unfinished novels and making us feel bad. Eliminating negative thoughts, confronting these harassing thoughts in your head is not easy. Although it is difficult, if you learn how to handle them, there is always an opportunity, an ability that allows you to achieve almost anything in life.

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Remember that the smallest things also mean it

Annoying voices in your mind always focus on big things and important issues. It does not care about small things, jobs or obstacles that you face every day. The voice does not want you to spend the day without doing anything big and it will tear you into pieces if you don't.

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But remember that **small things are equally important** . Tie shoelaces. Email an acquaintance in the contact list. Write 100 words. Start something. Small things keep accumulating, one by one and becoming great things. Nothing you do is completely meaningless, as long as you really care about it. The voice is trying to blame you for wasting your life completely untrue. **Life is made up of thousands of small things** that you collect daily.

Focus on the victories

When winning, no matter what, you have 1 plus point. Later, you will use it as collateral for future failures. Annoying voices don't want you to focus on your successes but want you to focus on mistakes and failures. That's why a person who hates your post, hates your job seems more important than hundreds of people who love it. You yourself have aggravated the problem until it is bigger than the positive points.

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Celebrate all your victories. **Whether the victory is big or small, reward yourself with a moment of memory and pride in it** . The more you appreciate the victories, the less you will pay attention to the bad things.

Stop thinking about the week and month and focus on the day and the year

You need to learn how to see things as they are, to respect days and years rather than weeks and months. The reason is because every day it feels like it's really valuable while weeks and months tend to erase and "mix" together. By recognizing that **every day has a certain value**, you may not stop reminding the other voice that you are still getting something every day. Because there are so many important things that don't happen during the week, this month, but you can be sure there are bad things that really happened today.

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When you acknowledge that each year has its own value, you may stop feeling stressed because you can't complete something. No need to run when you can walk and don't need to panic or blame yourself. There is a year to complete your goal, then what must be paid attention that it has been a few months since things have not progressed? Bad things win when you give him a stick to hit you, don't turn the calendar into a weapon like that.

Don't let those thoughts have a place in your mind

When you let bad things hold the right to speak, it will never give up and never shut up. That bad voice will constantly give reasons how poor you are and how to quit now. Don't give it that right, don't let it have a place in your mind. Don't let it stay in your soul, don't let it breathe, relax and turn you into a home for him.

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When that voice starts to appear, when friends show off what they have achieved and you find you have nothing to tell, do your best to make it shut up as soon as possible. **Turn your attention to other things**. Watch movies on Netflix, read a good book, walk around the house, watch the recipe and make your own chocolate, cake or sponge. Use any way to stop yourself from paying attention to it.

Learning to accept that is not important

You absolutely have the right to do something bad, a singer, a drummer, a programmer, a developer or a really bad CEO. **Probably because those things are not suitable for you**. So when you fail, it doesn't mean that the world is over.

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Even if it is not good, it is not a big deal. That's not important. It is important to find out what you are good at and work hard to improve that skill. Certainly others are also bad in some other areas and that doesn't make them better than you. **Assessing the possibility of climbing trees of fish and monkeys is unfair. Don't do that to yourself**.

Five years ago, I quit when I was attending a law school. It's hard to tell everyone this. I always get high scores and teachers are very fond of me. I know if I keep getting stuck there, I will have a remarkable career. But I fought, I failed, I woke up and cried in the bathroom. Because I always hear a voice in my head, break my everyday by saying things I don't want to hear.

" You have no chance. You will always fail. "

I drew the prospect of the rest of my life as interlinked dominoes waiting to pour down. I gave up and spent 6 months sitting on the sofa watching Scrub and wearing the patience of the people I loved. By the time I got out, I spent almost a year listening to that voice. Now I am better at ignoring it. I have learned how to solve it and do better than what I love. I continue blogging, gaining 700,000 views in 6 months and making money by starting a business. I also started writing novels and was very proud of that.

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Every time that voice rang out, I could ignore it and therefore, I became much happier than before. Remember that bad voice can't take the mic and scream in your brain. At any time, take the mic and turn the brain into your home. Master the voice in your head.

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