

10 steps to overcome negativity and transform your life

by Mark Tyrrell

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program with practical
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downloads**



10 steps to overcome negativity

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10 Steps to Overcome Negativity

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10 steps to overcome negativity and transform your life

Mark Tyrrell

Introduction

Where do you start?



*We see the world not as it is,
but as we are.*

attributed to Anaïs Nin

Let's start by jumping in the deep end (Come in! The water's lovely!).

"Seeing is believing" they say. On the whole, we completely trust that what we see is what is there.

But a lot of what we 'see' *isn't there*.

Wise people have always understood that we live in a world of illusion. They understood that this was metaphorically true many centuries before scientists discovered that it's also literally true.

Modern brain research has shown us that our brains and our eyes, ears and other senses actually play a sort of elaborate trick on us to create the 'world' that we think we see.

We now know, for instance, that the seamless reality that you see when you just turn your head from one side to the other is made up of quite separate visual fragments registered by your eyes, like a lot of scattered jigsaw pieces. The gaps in between are filled in with whatever your brain decides is appropriate 'filler'. Your eyes don't actually *see* the 'filler' – your brain makes it up.

It's not that our brains maliciously hide the 'truth' from us. What we see and hear around us enables us to make our way in the world pretty successfully (otherwise we would have become extinct long ago).

Our brains use the input of our senses to build up a 'map' of what's 'out there'. Maps are very useful, of course, but it only takes a moment's thought to understand that there is a very big difference between a 'map' and the 'reality' that the map attempts to describe.

'Reality' – the real reality – is changing all the time. Maps have to be updated if they are to remain useful. If you are looking at an old map of how to get from A to B, and it shows that you will have to make a very long and tortuous journey because there is a canyon between A and B, you might decide not to go – because you won't know from the old map that there's a magnificent new bridge over the canyon making it very easy to get from A to B.

Though they hadn't a clue how the eyes and brain work, the ancient wise folks knew that what we think is there often *isn't there*. They didn't question so much what their *eyes* were telling them, but what their *thoughts* and *feelings* were telling them.

They realized that we don't just see what is in front of us. We interpret what we see according to

- a) how we are feeling and
- b) what we believe about ourselves and the world.

They also noticed that we are awfully prone to see obstacles and difficulties all around us, even when, objectively speaking, there are none. And very prone to give up in the face of what seem like insuperable obstacles (like uncrossable canyons!).

Why did they need 'wisdom' to understand this? Because you have to make an effort to jump out of the assumption we all make that what we see, what we think, is 'obviously' right and true.

When you see a problem, an obstacle, a disappointment, a disaster – you – quite naturally – assume that there really *is* a problem, an obstacle, a disappointment, a disaster.

The survival value of being negative

Now don't get me wrong. I am not trying to make out that every setback, every difficulty, every betrayal or let-down, every disaster, every disappointment that might come your way is imaginary and you are making a fuss about nothing. I am no Pollyanna making out that everything that happens, if you just look at it in the 'right' way, is 'really' a good thing.

(Speaking of Pollyanna, a somewhat irritatingly positive little girl, it has to be said that her sunny outlook and positive actions did mean that she got a great deal more satisfaction out of life than most folks... but I digress!)

What I'm saying (and the research backs me and the ancients up here), is that although *sometimes* things are just as bad (or even worse) than they seem, we really are not very good at objectively assessing our situation.

And for very good evolutionary reasons ("better safe than sorry"), we tend to err, massively, on the side of caution. Which is to say, we are *more likely*, as a species, to make a negative judgment, a defensive assessment, of what happens to us and around us than a positive one.

On the face of it, it would seem to follow that being negative, skeptical and even downright cynical must, in itself, be a 'good thing'. Why else would evolution have favored such qualities? Finding the flaws, looking for the objections, doubting whether things will work, predicting the worst, not trusting anyone – these attitudes have contributed to our survival, and to our success.

So why would you even think about following a program that's designed to help you cultivate a more positive outlook on life?

Negativity is not positively correlated with happiness

Well, firstly, as you've read this far, I think I'm not taking too much of a gamble in concluding that you are not 100% happy with your own negativity.

Survival is all very well (okay, okay, it's essential!). But we humans tend to want more out of life than just not being dead yet. We are a sociable, curious and inventive species. We want interesting things to do, challenges to meet, new discoveries to make, meaningful connections with others and, goodness me, happiness!

You've probably noticed that the link between negativity and happiness is almost entirely... negative.

There's just not much fun to be had in being negative. It lowers your spirits and depresses everybody around you too. You might get some satisfaction from the thought that you're being 'realistic', but it's not exactly enjoyable. You don't go around being critical, cynical and pessimistic about everything and then come home and say, "What a great day I've had!"

Negativity isn't as 'realistic' as you might think

Secondly, leaving happiness aside for the moment, an all-pervading negative approach may keep you ticking over, but it will also lead to you missing out. Perfectly genuine opportunities to engage in interesting activities, meet and connect with interesting people, achieve satisfying goals and generally expand your horizons will present themselves – and you'll ignore them.

Why? Because pessimism and doubt prevent you from even taking the first tentative step. They keep up a constant whisper in your ear: *"It'll never work, so I wouldn't bother even starting!"*

"It'll never work!" is one of the most common 'obstacle illusions' (as the ancients might have called them). It takes any number of forms.

"You'll never get that job. Don't waste your time applying. You'll only be disappointed."

"You're not entrepreneur material. Running your own business is just not you. Stay where you are. You've got a safe, steady job."

"A degree? You're kidding!"

"A woman like that will never look at someone like you!"

"He doesn't really mean it when he says he likes you. He's just sorry for you."

"This is as far as you can go. No point asking for promotion."

"What's the point of doing a course on being positive? It'll never work!" (Good thing there's a money back guarantee!)

And guess what? Because of the inherent bias in default negativity, always erring on the side of caution, your doubt and pessimism are likely to be misplaced *more often* than they are likely to be justified.

In other words, you are (mostly) wrong!

Has evolution been making a mistake? Not at all. Evolution operates across millions of years and countless lifetimes. Evolution isn't about the *individual*, as such. Evolution favors the persistence of those characteristics that, *in general, and over a very very very long time*, enable a species to do well.

Evolution doesn't carry out 'scientific research' to establish 'objective facts', or to discover 'the truth', and then apply them. It operates on a very simple principle. Characteristics that favor survival get passed on down the generations. End of story. Being cautious, doubtful, skeptical, cynical, at the very big picture level of the whole of humanity over the entirety of history, have served us, as a species, very well.

But it's not been that great for individuals.

And it's not the whole story, anyway.

The good news about 'innate' characteristics

You can't have helped noticing that, despite the undoubted survival value of negativity, there's quite a large proportion of human beings who are positive, optimistic and ready to take risks (and cope with the consequences). And as *they* are still here, we can conclude that these characteristics, too, must have been favorable to our species.

It's probably safe to say that the massive leap forward in human ingenuity and endeavor of the last few tens of thousands of years owes a great deal to that genetic strain of long ago ancestors who were *willing to try things*. Who were, in fact, the first 'scientists', actually looking to find out 'what works'. Instead of saying "That'll never work!" they said "Let's try it and see..."

What's the difference between those positive folks and you?

Are you stuck with an unchangeable genetic inheritance of negativity, while they have one of positivity?

Thanks to science (an ingenious method our successful species has devised of establishing 'objective facts'), we have discovered that people do indeed have an innate tendency to be either more positive or more negative in outlook.

However, no matter which way they naturally lean, by far the greatest determinant of how they will actually approach life is – their environment. What the people around them say and do and think.

Where the environment promotes positivity, you get more positivity – from both negative and positive types.

Where the environment promotes negativity, you get more negativity – from both positive and negative types.

This is vital information.

Your outlook is not a fixed and immutable part of you. You are not just the helpless pawn of evolutionary forces. You are not just the passive product of your environment. You can *change*. You can shape your own environment. You can *make use* of what the scientists and psychologists have discovered about how human motivation and attitudes can change. You can choose what to encourage in yourself.

You can be more positive.

And that's why we've put together the **10 steps to overcome negativity and transform your life** course.

What this course will do for you

We've looked at all aspects of how negativity and positivity play out in the life of individuals, and what you can do, in a structured way, to develop the attitudes that will enable you to get more out of life – and enjoy the ride!

Each step on this course tackles one important facet of negative thinking *in detail*, with lots of thought provoking information and tried and tested exercises to help you get an understanding of how your own thought processes and reactions have been shaped and what you can, practically, do about it.

But this course is not just a mine of useful information. This course is about *changing your life*.

So each step includes a carefully selected audio hypnosis session designed to help you more easily absorb and integrate powerful new behavior patterns and helpful mental attitudes that will benefit every aspect of your life. Until it feels *completely natural* to you to automatically feel, think and act in a way that maximizes your chances of getting the most from life.

And far from having to strive obsessively to remember every little thing we'll talk about on this course, you can *relax* and *absorb the material over time*, making it as naturally and deeply yours as your mother tongue that you learned to speak so fluently without even realizing that this was what you were doing.

Ready to commit?

Making major changes in your personal approach to life requires a serious investment of your time and energy. To get the maximum benefit, you need to make a strong commitment to yourself:

- to read your material – over and over
- to listen to your downloads regularly
- to do the exercises
- to practice your new behaviors
- to be patient with yourself and give yourself time
- to notice, monitor and celebrate your progress

and most important of all

- NEVER EVER TO GIVE UP!

How to see how you're doing – the Progress Checker

We've put the material in this course together very carefully to make it as easy as possible for you to use, and to review as often as you need. Each step provides you with vital information, tips, exercises and information about related material.

The related material includes

- links to other associated downloads you might like to purchase (these are suggestions only – they are *not* required for the course)
- links to *free* informative articles to enhance your progress and understanding.

Each step includes a Progress Checker sheet containing two identical charts. We recommend that you print out several copies of the Progress Checker for each step you undertake and keep them sorted in a folder. (For your convenience, we have also put all the Progress Checker sheets together at the end of this document, to make them easy to find and print out.)

The Progress Checker makes a number of statements on the topic covered in that step, and asks you to indicate how true these statements are when applied to you. Nobody is going to see this information but you. Be honest and *fair* with yourself.

We recommend that you fill in the first chart on the day you start that step, *before* you read the material or listen to the download. This will give you a base line against which to monitor your progress.

It's only natural that, when you start, most answers will tend to fall to the left hand side of the chart.

At the end of the 7-day assignment period, complete the second chart.

Each week after that, continue filling in a Progress Checker for that step, even when you have moved on to a subsequent step.

And so on.

Why it's important to monitor progress

Keeping tabs on yourself like this makes you *more aware* of even small improvements and helps you to stay committed.

Even *one* move to the right on the chart is progress, and you should be ready to appreciate and congratulate yourself on the smallest positive change that you notice. Always remember that you have a long term goal here, and it's little steps that will get you there. From time to time you may see a big jump, but gradual, steady, sustainable progress is what you are really after.

When do you stop filling in your Progress Checkers? You'll know...

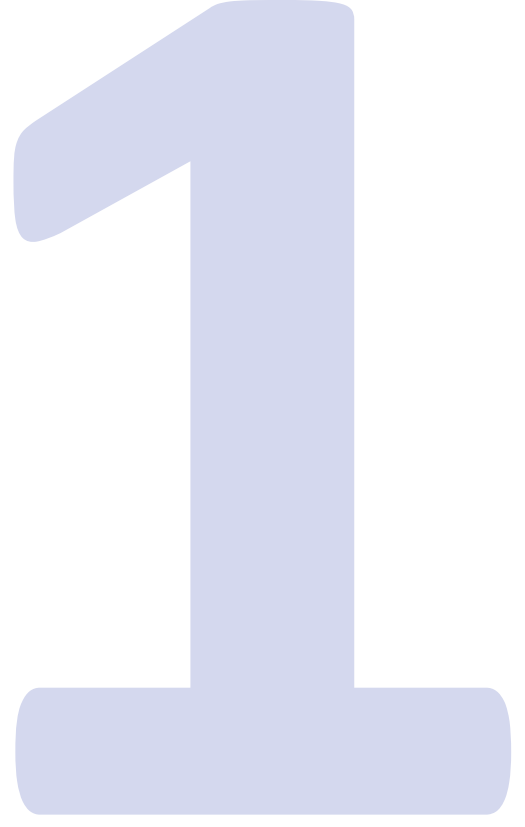
It's time to start.

Good luck.

Mark

10 steps to overcome negativity and transform your life

Mark Tyrrell



Stop negative thinking

Step 1

Stop negative thinking

Welcome to the first step of your **10 steps to overcome negativity and transform your life** from Hypnosis Downloads.com!

ACTION POINT! Remember to fill in your **Progress Checker** before you start!



He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts.

Samuel Johnson

You may consider yourself a little on the negative side in terms of outlook, but let me tell you, the very act of doing this course is extremely positive.

If you are a habitual ‘negativist’ you may be battling the old conditioning right now – you know, that little voice in your head that’s whispering

“What’s the point of all this?”

“How on earth is this going to help?”

“Isn’t this an awful lot of effort?”

Now I’m going to ask you to just *ignore* any messages that old negativity might be trying to influence you with.

Don’t argue with it. **Just ignore it.**

Sometimes when you start to help someone who's prone to being negative about things, it's almost as if the negativity *itself* feels under threat and comes out all ready for battle... at first. But this course is all about *mastering* negativity, letting it know who's boss, and refusing to be a slave to it any longer.

Negative thinkers tend to think in rather predictable ways (sorry to sound so negative about this!).

Do any of the following sound familiar?

"It will never work, so what's the point of starting!"

"Nothing ever works out for me."

"You can't trust anybody; everybody lets you down in the end."

"I always ruin things."

"There really is no point to anything."

Okay, maybe you don't actually *say* these kinds of things, but perhaps you sometimes *feel* them, or hear people around you saying them. And the problem is that constant negative thinking has a very real effect, over the days, months, weeks and years.

Negative thinking and pessimism

Negative thinking ruins lives.

That might sound like an extreme statement, but consider this: in study after study, pessimists have been found, over the long term, to have *significantly more illness* and to *die earlier* than their more positive thinking peers. (1)

Negative thinking easily becomes an entrenched habit, and a habit with many unpleasant consequences, which can include depression and loss of motivation.

Negative thinkers and pessimists tend to give up sooner than their more resilient positive counterparts. Some pessimists even 'use' their pessimism as a way of being proved right ("*See, I told you it wouldn't work!*"). This is not as odd as it might seem. Taking this stance allows them to *feel* as if they have some control over things.

But it's no way to live.

Finding what you're looking for

Whether we are unduly negative or the opposite, we tend to *find* what we are *looking for*. And when we do, that further convinces us that things really are as bad

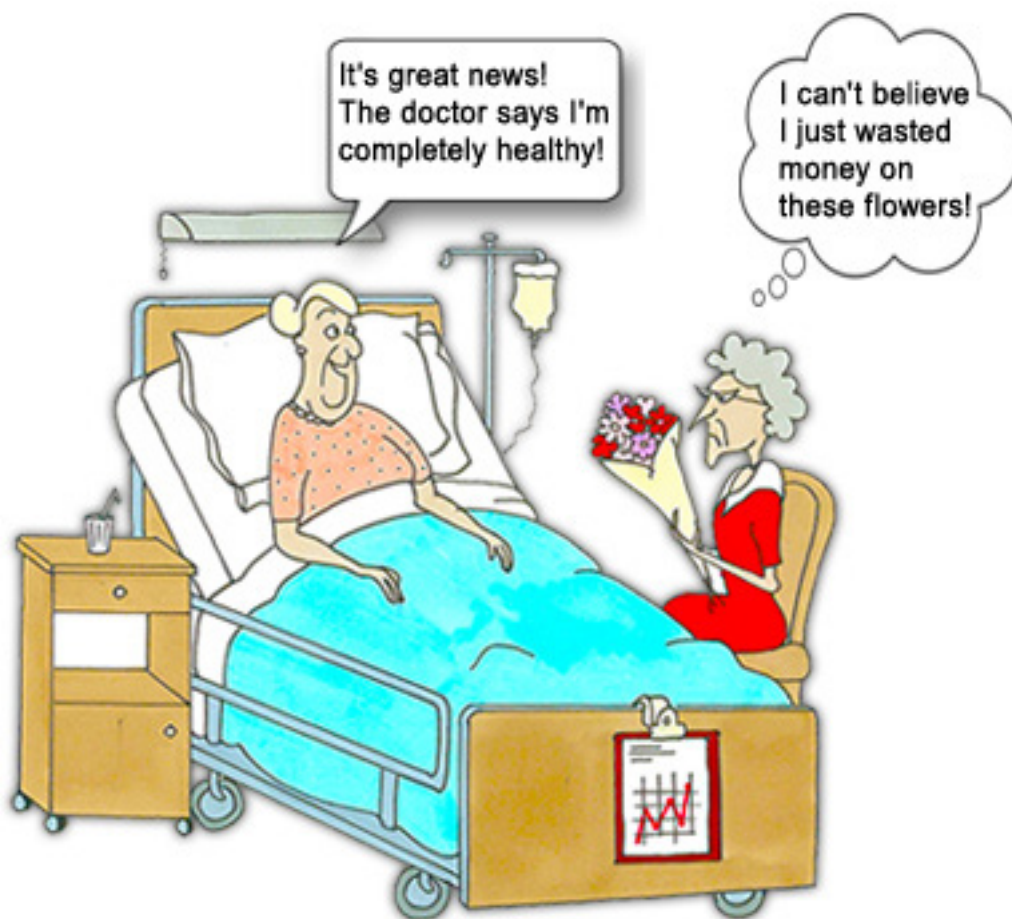
(or as good) as we believed them to be. This tendency is known as 'the self-fulfilling prophecy' and, as we'll see, it plays a powerful role in negative thinking.

The good news, however, whether you can truly believe it yet or not, is that anyone can learn to be less negative and genuinely more positive.

Follow this course and it could help you not only become physically healthier, but also protect yourself from depression and find the kind of enjoyment in life that perhaps you've been assuming was out of reach for you.

Absorb and review each step on this course slowly and thoroughly, giving yourself plenty of time to integrate everything you learn, and you'll reap the benefits for the rest of your life.

So let's start by looking more closely at 'negative thinking'.



Negative thinkers can be negative about anything

What does it take to become a 'negative thinker'?

There are essentially four 'elements' to developing a negative thinking style.

1 – Being right

You must assume that your thoughts *always* and *accurately* reflect 'reality' – the way things actually are.

To be fair, we all do this at first! Whatever our thoughts are, whether positive or negative or neutral, we assume that they are 'right', that we really *are* seeing the world as it is.

But for negative thinking to get a hold, you have to keep this basic assumption very firmly in place. The best way to do this is never to question it. This allows it to slip into the unconscious, so that you don't even notice that you are making assumptions. It's just a bedrock lying underneath what you do.

So you can already see that part of this journey to becoming more positive is going to involve starting to doubt yourself a little! You need to become *less sure* that your automatic negativity is a 'true' reflection of reality rather than just *an interpretation* of how reality sometimes seems.

This is important! So here's a little exercise.

Exercise • Are you sure?

This might feel pretty uncomfortable at first, but just treat it as an experiment for the moment.

Catch one or two of your automatic negative thoughts and ask yourself:

How **certain** am I that this thought is true? 15%? 70%? 10%?

For example: You see a friend across the street and wave. They walk on without responding.

You might 'automatically' think "I must have done something to upset him/her. He/she clearly doesn't want to be friends any more!"

How certain are you this is the 'true' explanation?

Just **asking** this question now and then is a **good first step** towards being able to challenge negativity.

2 – Having a strong negative bias

"What? I am totally fair-minded and reasonable!"

Not so...

According to an ancient story, a proud and beautiful eagle once landed among a community of people who had never before seen a bird of prey. But from the birds they were familiar with they had formed a very clear idea of what a 'proper bird' should look like. The eagle, of course, hardly measured up to their fixed notions. But no matter! They cut back its beak, trimmed its wings to the 'proper' proportions, and even dyed its feathers to the 'right' colors. Then they were satisfied. "Now that's what a real bird looks like!"

Someone with a negative bias will often assume that a positive (or neutral) event *must* 'really' be a negative event. And they will work hard to make it fit their ideas as to what constitutes 'bad'. So

- opportunities are seen as 'threats'
- potential friends are seen as 'users' and
- perfectly genuine compliments are seen as 'sarcasm'.

In other words, trimming the eagle!

So, when we describe someone as a ‘negative person’ we are really saying they are a *biased* person. (2) Negative thinking is *biased* thinking, a *prejudice* in favor of a narrow, negative view of the world that excludes the possibility of taking a more balanced, ‘in the round’, perspective.

You can see this same pattern at work in people who are, for example, racially biased. They take a narrow, limited view of the superiority/inferiority of certain racial types and are unable to accommodate the notion that we’re all much of a muchness and all human.

Negative thinkers often don’t *know* they are operating from a bias, because this behavior, like the assumption of ‘rightness’, tends to be unconscious. Even when they have some idea of bias, they may not understand exactly *how* their bias is negative (we’ll come back to that). A favorite defense of the negatively biased is: “But I’m just being realistic!” Which, of course, is what all biased people think.

3 – Filtering the unpalatable

If anything turns up that contradicts your negative bias, make sure you don’t allow it to influence you.

The best way to do this is to *filter* it. That is, never allow this evidence to penetrate. Remember the famous three wise monkeys – See No Evil, Hear No Evil, Say No Evil? Just do the opposite! *See* no good, *hear* no good, *read* no good. As if it did not exist.

And if something doesn’t exist, you hardly need to pay it any attention, do you?

Negative thinkers get impressively good at this. And they get impressively good at a related skill – *warping* any evidence that they have to deal with so that it looks as if, in fact, it *confirms* their negative bias.

Now, as I mentioned above, we generally find what we are looking for, even if we have to ‘make’ the necessary evidence. So pessimists and cynics will find negatives in things that other people see as neutral or even positive. Like the folk in the story, they will ‘clip reality’ until it conforms to their narrow idea of what reality *should* be like. Bias is the opposite of open mindedness.

4 – Extremism – black or white and nothing in between!

This is crucial.

A true pessimist, negativist, defeatist or cynic will tend to see things in ‘all or nothing’ terms.

- They’ll see ‘disaster’ rather than ‘setback’.
- Where others see that ‘unfortunate circumstances’ had a role to play in how bad things happened, they’ll seek to lay the blame – all of it – on themselves or others.
- More subtle thoughts such as: “*Sometimes you need to fail at something a bit before you can find real success*” don’t really register with them.

Why are negative thinkers such extremists?

Because, at heart, negative thinking is a very *emotional* sort of thinking. And strong emotion is wedded – you could even say welded! – to that most all-or-nothing of human responses – ‘fight or flight’.

It’s often wrongly assumed that we feel how we feel because of what we *think*. But while it is true that our thoughts influence our feelings, vastly *more* influence is going the other way. What we *feel* very fundamentally shapes how we think.

So another part of becoming more positive is to **calm down around things you’d normally feel negative about** (the calming hypnosis downloads you have available on this course are going to help greatly with that).

And here’s another exercise to get you on your way.

Exercise • Rein it in!

The next time you find yourself reacting very negatively to something,

- **notice** how extreme your thoughts are and
- see how you can **modify** them.

For example:

Thought: *“Nothing ever works out for me!”*

Modification: *“That didn’t quite go as well as I hoped.”*

You are not attempting (yet) to avoid extreme thoughts altogether, just to *notice* them and *practice* generating a more moderate thought.

Assignment 1

Stop negative thinking

Download [Stop negative thinking](#) from [your account](#) or [the app](#) and listen to your download

- every day
- at least once a day
- for 7 days
- or until you notice at least half of the progress indicators shown below

Progress indicators

- you feel much more relaxed generally
- you can more easily see how negative thinking works ‘from the outside’
- you can more readily see when your thoughts are based on assumptions, and sometimes question those assumptions
- you can recognize and modify extreme thoughts – see shades of grey rather than only black or white
- you notice yourself feeling more hopeful and positive now and then

Supplementary material

Related downloads available to purchase

[Stop all or nothing thinking](#)

Bring some balance and perspective into your thought processes.

[Stop thinking the worst](#)

Imagining disaster can leave you feeling anxious and powerless. This session will help you get a grip.

Recommended FREE articles

[How to stop negative thinking in 7 easy steps](#)

Right, that's all for now. You've made a very good start!

Be sure to learn all you can from this first session and remember, I don't want you to even *try* to hold all of this consciously in your head. Allow yourself to gradually *absorb* the material over time, until it just becomes a natural part of who you are.

Remember to look out for your progress indicators.

In your next step, we'll be looking more closely at the negative feelings behind negative thoughts and also I'll be giving you a better understanding of exactly how that negative thinking has been undermining you, so you can see how to get greater control.

Until next time!

Mark

Notes

- (1) See, for example: Burton, H. J., Kline, S. A., Lindsay, R. M., & Heidenheim, A. P. (1986). The relationship of depression to survival in chronic renal failure. *Psychosomatic medicine*, 48(3), 261-269.
- (2) Actually, being very positive is also a kind of bias – but we'll see that it's one that leads to benefits and often positive outcomes.

Stop negative thinking Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I feel generally relaxed and calm about things					
I understand how negative thinking works					
I notice more when I make assumptions, and sometimes question my assumptions					
I can usually tell when my responses are extreme					
I am getting better at modifying extreme thoughts and coming up with more balanced responses					
I occasionally feel more hopeful and positive					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I feel generally relaxed and calm about things					
I understand how negative thinking works					
I notice more when I make assumptions, and sometimes question my assumptions					
I can usually tell when my responses are extreme					
I am getting better at modifying extreme thoughts and coming up with more balanced responses					
I occasionally feel more hopeful and positive					



I hope you found Step 1 of the 10 Steps to Overcome Negativity and Transform Your Life course useful

If you would like to try the whole course, you can [read about it here](#).

All my very best,

Mark Tyrrell

Co-founder of Uncommon Knowledge

Author of [10 Steps to Overcome Negativity and Transform Your Life](#)