

16 THINKING PATTERNS IMPORTANT TO AVOID



Healthy mind development depends heavily upon our ability to pay close attention to what we are thinking and telling ourselves, as well as our efforts to qualify the merits of any internal dialog. If we are to recognize and avoid problematic idiosyncrasies and distortions, we must carefully study the thinking process and learn what is important to avoid. With better understanding of the subtle problems with the thinking process, we stand a much better chance of avoiding harmful habits and can subsequently make healthier adjustments. The following thinking patterns are important to be aware of and apply effort to avoid:

1. **Avoid being too insensitive about whether your thoughts are appropriate.** Otherwise, you may allow yourself to think too many unhealthy thoughts.
2. **Avoid prolonged thinking about what is too discouraging, dismal, or too sad.** Otherwise, you may lose sight of what is more encouraging and uplifting, as well as lead yourself to further doom and gloom.
3. **Avoid weird or obsessive thoughts and petty frustrations.** Otherwise, such thoughts reduce emotional growth and could cause serious problems.
4. **Avoid being too interested in doing what is unhealthy to do.** Otherwise, the mind will strengthen a habit of justifying what is unhealthy to do.
5. **Avoid forgetting embarrassing moments.** Otherwise, you will forget your failures and be more prone to experiencing them again.
6. **Avoid thinking too much about uncomfortable experiences that you should just forget.** Otherwise, you may miss what is of greater value to highlight and remember.
7. **Avoid sarcastic and negative thoughts, in general.** Otherwise, you may breach strict limits to such thinking that are important for building healthier minds.
8. **Avoid excessively complaining about others in thoughts.** Otherwise, you may miss investigating worthwhile thoughts that help maintain an appreciation of your relationship.
9. **Avoid thinking too little about others who are an important part of your life.** Otherwise, you may seem very uncaring, and miss to create worthwhile memories.
10. **Avoid spending too much time thinking about others when you have important matters that need your attention.** Otherwise, you may miss taking care of priorities in your own life.
11. **Avoid being over-sensitive to agitations, frustrations, or other potent emotions.** Otherwise, you are susceptible to over-dramatizing and other excessive reactions.
12. **Avoid being under-focused about the quality of your reasoning and judgment.** Otherwise, you may become more lackadaisical than you realize and allow for serious problems.
13. **Avoid being over-focused toward one thing.** Otherwise, you may too easily miss other important considerations.
14. **Avoid faulting others when you know you are the one to make a mistake.** Otherwise, your mind could become accustomed to such an illusion of innocence and immaturity.
15. **Avoid further developing inappropriate thoughts that just happen to cross your mind.** Otherwise, you may give them so much attention that they cause you serious trouble.
16. **Avoid entertaining yourself or thinking about other people's problems when you have your own problems to solve.** Otherwise, you may cause yourself serious headaches.