



# INTUITIVE INTELLIGENCE SYDNEY

## **Interrupt negative thought patterns**

When you interrupt your negative thought patterns you change your neural pathways and in time, you change the programs that run you.

Below is a series of exercises for you to work through to challenge and change the patterns of thought that maybe in control of you.

### 1. The Pizza Walk

The Pizza Walk is a fun name to an exercise that will challenge you!

You will need to visit 3 establishments; a shop, a library, a post office, a cafe or a garage for example.

Ask for something that you already know they don't have. For example, ask for a skipping rope in a candle shop or ask for a steak sandwich from a vegetarian food shop. Do this three times.

This exercise reboots your brain and gives it the message that things are about to change, that things are not as they have been. This is a great exercise to let your brain know that it needs to update and reboot itself. It is a step in the process of you creating change successfully.

### 2. Interrupt negative thinking and worry

You can interrupt a pattern of negativity by counting backward from 100 by 9, 7 or 3. Remain focused as you count backward from 100 to 0, which will interrupt the negative pattern of thinking.

### 3. Rub your head and pat your tummy.

Rub your head and pat your tummy at the same time. Then swap over and pat your head and rub your tummy. Next, you swap hand and repeat both ways.

#### 4. The 6 and 9 exercise

Draw a 6 using your hand and a 9 using your foot. Draw them in the air at the same time. Now that will make you focus!

#### 5. Cartwheels

You can do a cartwheel, handstand or headstand, this will get you focused and stop the negative pattern and worry.

#### 6. That powerful word, NO!

Say NO to the negative worry, thought or belief in your mind. Go into a room where you will not be interrupted and where you will have privacy. Close the door and spend about ten minutes or so standing up to the negative thought sequence, worry or belief that you have. Physically put your hands out in front like a signal to stop. Have a firm tone to your voice, say NO out loud each time you hear that negative thought, belief or worry! Enjoy interrupting the thoughts. Repeat this whenever you feel the need to.

#### 7. Re-focus on something more positive!

After doing one of these exercises, re-focus your mind in the positive. Focus on the outcome you would like to achieve or focus on a belief you want to live with. Spend 5 or so minutes bringing your focus to the positive. Chant it aloud if you feel like it.

The two most powerful words are Yes and No. Please make sure that you can use both!

Your four basic powers as a human being are:

Thinking  
Feeling  
Speaking  
Taking action

Please ensure that you are aware of these and that you are using all of your powers mindfully.