Change Your Stinking Thinking

In "Three" Easy Steps

"Good, better, best; put it to the test; 'til your good is better, and your better better is the best?"

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by Seth & Patty Matson
Sometimes in life we hold on to certain thoughts that are not always good. They could be about different subjects or memories in our life, new or old (mostly old). We often cling to bad memories from our past, which can be very harmful to our everyday life. These thought habits are normal and can be changed. Remember, it’s normal to have these thought habits and just about everyone does from time to time. What we need to do is be able to notice them at the time we are having them and then do a complete 180 degree turn with them. I’m going to show you how you can do just that!

What this entails is changing our views of all bad thought habits and start looking at the good, the truth, and the perfection of these certain thoughts that run through our minds on a daily basis. This is not always an easy thing to do because of our own stubbornness and our wanting to always be right in any given situation. Well, it’s time to make a change for the better. That’s all that really matters in life isn’t it?

**Example:**

I have this friend and he/she seems to always be grumpy toward me and to others. I get really upset when he/she is like this and he/she changes the way I feel when they’re around. Now, do I get upset inside myself because of this person’s actions? No, I get upset inside myself because of my own thoughts about this person’s actions. (There’s actually a difference, and some people can’t grasp it when it happens)

So, when you think of this person and their grumpiness, think of where that thought of that person is coming from? Is that thought inside the other person? No, that thought of the grumpy person is inside of you. Who does that bad thought effect? Only you.

**Test:**

Think a thought of someone you’re not so happy with right now and shut your eyes. Now think of where the thought of that person coming from? It’s inside you isn’t it? Who is that thought affecting, the other person, or yourself? Most likely, it’s only affecting you.

These types of bad thought habits can also be going on inside of our own minds about ourselves and they can be very harmful if kept up any longer. For instance: when you get out of the shower and you look at yourself in the mirror, what do you look at? The good or the bad parts? A lot of us mostly look at the bad. And who does this affect when you think bad things about your body? Only you…

So now that I have explained how these thoughts of others and ourselves are working against us, let’s see how we can change them into true, good, and perfect thoughts to work toward a better and happier life. For who? You!
Three Step Worksheet:

Take any situation that comes to mind that you would like to fix in your current life situation. Sometimes it helps if you write your situations down on paper to better clear your mind. Follow the three easy steps below. In the following days, you will start to see a wonderful difference in your life, I promise...

**Step 1:**

A. **My** bad situation now is:

B. What could I begin to think different about this thought above?

**Step 2:**

A. **My** “better” thought is:

B. How can I think even “better” about this certain thought?

**Step 3:**

A. **My** “even better” thought is:

B. **My** final good thoughts are now going to be:

Now, actively think Step 3B when you’re in your car, in the bathroom, on a walk, working out, taking a break, or wherever you feel comfortable doing so. Aim for five minutes, three times a day. You can’t make changes in your life without changing your thinking, so get ready to spend some time doing the thinking that will make the changes you want.

Repetition of anything good only produces more good things in your life because your thinking causes your experiences! Keep it going until your thoughts of that certain situation finally change to good, true, and perfect ones and you keep them that way.

“Good, better, best; Put it to the test;
‘Til your good is better, and your better is the best!”
How It Will Help Your Future:

Your pains, aches, failures, loneliness, poverty and unhappiness is the price you pay for not letting go of bad thought habits. If you expect failure, you will get it. If you expect success for yourself, you will become successful. If you have a poor opinion of yourself, then so will others. Love the good in others instead of criticizing the wrong they do. Sometimes you have to forgive and forget for your own benefit.

Let all those bad thought habits be freed from your mind and soon you will feel the weight lifted off your shoulders. Don’t beat yourself up if these bad thought habits come back to you. Pat yourself on the back for realizing you are having them and knowing now that you need to change them to positive thoughts.

Then, start from scratch on those ideas again. Ask yourself how would I like to think better about this person or situation? Then think better about it. Keep these new good, true, and perfect thoughts always in your mind and remember it’s never about people, conditions, and things. It’s only the way you think about people, conditions, and things.

Be generous with love in your new thought habits! Remember that “Generosity Generates” and today’s good thoughts create tomorrow’s good fortune. Try to make each thought better than the last one. You are allowed to have all your dreams come true! It all starts with the quality and quantity of your good thinking. Do something nice for someone and see what type of reaction you get from them.

Change your expectations of life from lousy to great! Then change those great expectations of life to excellent. Then from excellent to fantastic!

And lastly, remember this:

“You” can’t change “your” past thoughts, but “you” can change the way “you” think about them! It all starts and ends with “you”…

“Our lives begin to end the day we become silent about things that matter.”
~ Martin Luther King

This worksheet was written by Seth Matson and edited by his mother Pat Matson. We do not claim to be the originators of all that has been written on these pages. Feel free to “use” or “borrow” anything on this worksheet/pdf in your own print, blog, website etc files (at your own risk)...

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