

6 Steps to Breaking *Toxic Thought Patterns*

Step 1: Observe Your Thought(s)

Step 2: Identify and Determine the Validity of the Thought(s)

Step 3: Acknowledge Your Power to Stop the Thought(s)

Step 4: Address the Toxic Thought(s) by Replacing it with Truth

Step 5: Identify and Repeat 5 Positive Affirmations

Step 6: Identify Your Triggers and Distract Yourself from Negativity