



COMPILATION ON THOUGHT



TABLE OF CONTENTS

Definition of Thought.....	3
What is the difference between thinking and thoughts?	3
Thoughts Per Day	3
The Many Thoughts You Think Every Day.....	3
How many thoughts can the brain process in a second?.....	4
What Counts as Negative Thinking?	4
What Are the Causes of Negative Thinking?.....	5
How to Stop Negative Thinking Once and For All	5
How to Make the Shift From Negative to Positive Thinking.....	6

Definition of Thought

- An idea or opinion
- The power or process of thinking

What is the difference between thinking and thoughts?

The word thought refers to a single thought and in this way it's similar to the noun idea. Thinking refers to the process of thinking. You can think of thoughts as products of thinking

Thoughts Per Day

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour. That's incredible.

Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. This too, is a great number of thoughts.

The Many Thoughts You Think Every Day

If you pay attention to these thoughts, you would be amazed to discover that most of them are useless, unimportant thoughts that pass through the mind with a huge speed. These are words you repeat in your mind, comments the mind makes, repeating what you heard said, questions, answers and a lot of senseless wandering thoughts that you might not even be aware of.

THE MIND IS LIKE A BUTTERFLY THAT FLIES FROM ONE FLOWER TO ANOTHER, NEVER STANDING STILL.

In normal, daily life, you might not always be aware of this endless thinking. Most of this thinking is an automatic process, a mental habit. It is only when you need to focus on some particular thing that you become aware of the many thoughts that keep distracting your focus and attracting your attention.

You might not believe that you think these huge quantities of thoughts, but if you have experience with meditation, you would have proof of the great number of thoughts passing through your mind. It's just like being a very busy train station or airport terminal, where a great number of people come and go.

This stream of thoughts goes on when you dress up, eat, walk, work, drive, talk, shower or have a bath. It goes on when you are alone and when you are in company. It goes on until you fall asleep. It is like a constant mental noise that goes on and on.

Sometimes, this endless flow of thoughts is tiring and exhausting, especially when you are anxious or worried.

- Just think how much energy and time you could have saved, if you could reduce the number of your thoughts.
- Just think how much better focus you could possess, if thoughts did not bother you.
- Just think how much inner peace, calmness and happiness you would have enjoyed, if there was a way to stop all these thoughts, which add nothing to your life.

Going down from 80,000 thoughts to 30,000, 20,000, or less, will save you a lot of strain, worry, time, and wasted energy. You will also begin to enjoy the sweet taste of inner peace.

How many thoughts can the brain process in a second?

The human body sends 11 million bits per second to the brain for processing, yet the conscious mind seems to be able to process only 50 bits per second. Over 24 hours, one thought per second would yield 86,400 thoughts. If "thoughts" are restricted to 16 waking hours, the number would be 57,600. But we're almost certainly thinking while we're dreaming (for about two hours every night), so that would be 64,800 seconds, with an ultimate result of one thought every 0.9257 seconds, on average.

Negative thinking is something we all engage in from time to time, but constant negativity can destroy your mental health, leaving you depressed and anxious.

What Counts as Negative Thinking?

"Negative thinking refers to a pattern of thinking negatively about yourself and your surroundings. While everyone experiences negative thoughts now and again, negative thinking that seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning could be a symptom of a mental illness, including depression, anxiety disorders, personality disorders and schizophrenia."

What Are the Causes of Negative Thinking?

Negative thinking has many different causes. Intrusive negative thoughts can be a symptom of obsessive-compulsive disorder (OCD), generalized anxiety disorder (GAD) or another mental health condition. Negative thinking is also symptomatic of depression. While negative thinking can be a sign of mental ill health, it can also be a regular part of life. Negative thoughts can impact your life severely, however, so it's best to get to the bottom of them, whatever the cause.

According to the *Power of Positivity*, there are three leading causes of negative thoughts.

1. **Fear of the future:** People often fear the unknown and are unsure what the future might bring. This often leads to "catastrophizing," which means always predicting failure and disaster. Whichever way you look at it, worrying about the future is a waste of time and energy. The key to letting go of these negative thoughts is to accept there is a limit to what you can change in the future and strive to focus on the present instead.
2. **Anxiety about the present:** Anxiety about the present is understandable. Many of us worry about what people think of us, whether we're doing a good job at work and what the traffic will be like on the way home. Negative thinkers often come up with the worst-case scenario: that no one in the office likes us, our boss is about to tell us we've done terrible work, and the traffic will make us late to pick up the kids. Again, this derives from fear of losing control. Organization and routine can help with banishing negative thoughts, but you may also need to try practical therapy techniques.
3. **Shame about the past:** Have you ever lain awake worrying about something you did last week, or even last year? Everyone does and says things they feel embarrassed about, but negative thinkers tend to dwell on past mistakes and failures more than others. Of course, a more constructive way to approach mistakes is to accept that the event happened and consider how you could prevent it from happening again in the future.

How to Stop Negative Thinking Once and For All

You don't have to succumb to a life of negative thinking. With some basic countering techniques, you can learn to get rid of negative thoughts by intercepting them before they become all-consuming. The key is to practice countering exercises every time you have a negative thought, and not to give up if you have a blip.

With this in mind, here are five questions to ask yourself next time negative thoughts arise. You can do this exercise in your head or by writing down your answers in a journal.

1. Is the thought true? Is there a basis for this negative belief?
2. Is the thought giving you power, or is it taking your power away?
3. Can you put a positive spin on this thought or learn from it?
4. What would your life look like if you didn't have these negative beliefs?
5. Is the thought glossing over an issue that needs addressing?

Remember that countering negative thoughts takes time and commitment. Often, people require ongoing help from a mental health professional to change their negative thinking patterns for good

How to Make the Shift From Negative to Positive Thinking

1. Make a commitment to yourself
2. Start with the end in mind
3. Fake it until you become it
4. Face the “ugly” truth
5. Mindfulness is key
6. Befriend yourself

Here are ten things to help overcome negative thoughts

1. Meditate or do yoga
2. Smile
3. Surround yourself with positive people
4. Change the tone of your thoughts from negative to positive
5. Don't play the victim. You create your life—take responsibility
6. Help someone
7. Remember that no one is perfect and let yourself move forward
8. Sing
9. List five things that you are grateful for right now
10. Read positive quotes

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny.

Source of Articles : From the Internet