

How to Help Children Reshape Negative Thoughts

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SUMMARY

Our feelings stem from our thoughts, and the quality of our thoughts significantly influences our emotional well-being and life outcomes. Negative thoughts can lead to detrimental feelings and behaviors, while adopting a more constructive mindset can foster personal growth and better relationships.

- Feelings are a direct result of our thoughts; negative thoughts lead to negative feelings and outcomes.*
- Thoughts like "I can't do it" or "everyone's against me" contribute to a poor mindset and life experience.*
- It's crucial to recognize that feeling useless is not beneficial; it can lead to self-destructive behavior.*
- A better mindset involves reframing negative thoughts, such as viewing oneself as a beginner who can improve through practice.*
- Jealousy, while a natural feeling, should not be indulged; instead, it can be reframed to identify personal goals and aspirations.*
- Encouraging a positive mindset can improve relationships and overall life satisfaction.*

feelings are always a result of our thoughts and you can have better or worse thoughts you can you can have really crappy thoughts that lead to a really crappy life thoughts like I can't do it everyone's against me it's never going to work those aren't good thoughts they're not and they lead to bad feelings and they lead to bad results and outcomes so there are better there's a hierarchy there are better ways of thinking and there are worse ways of

thinking in terms of your outcomes in terms of going to come for that child just by way of example if we believe that book if we believe that book then a child that feels useless like I can't do anything well that's a good feeling because all feelings are good right so it's good that you feel that way do you see what I'm saying we have to be very careful with this message it's not good to feel useless

when you feel useless you behave useless and when you behave useless you really ruin your life don't do that okay think better think a better mindset I'm not useless I'm just a beginner I need to get better I need to practice right do you see it's just one illustration okay thinking jealous thoughts all the time is not good for us that's not going to make her any friends that's not going to make her a better kid to be around that's not going to

make other adults want to be with her it's going to annoy her mom she's even annoying her own mom the whole time that's not good for her we don't want to just say oh jealousy is a good feeling go for it no you could can take something good from jealousy you can be aware of what I want what I want to work towards that's fine you can

flip it around but then you have to change your

your mindset around jealousy around what's leading you to be jealous