


**I CAN TRAIN MY BRAIN  
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**10 WAYS  
TO BECOME  
A BRAIN  
CHANGER**



**[www.icantrainmybrain.com](http://www.icantrainmybrain.com)**

# HOW POWERFUL ARE YOUR THOUGHTS?

The I Can Train My Brain concept is designed to help you realize that your brain is more powerful than you ever imagined. At first, we grow up believing that our emotions are the most powerful part of our human experience. However, it is the thoughts behind our feelings and actions that guide our happiness in life. This can be called perspective. This e-book is designed for you for to be challenged and think outside your normal thought process. If you challenge your false beliefs, you will see that all the answers are inside of you and these answers guide you toward a less stressed, happier and healthier life.

# LESSONS ON THOUGHT REFRAMING

The 10 false beliefs discussed next may cause uncomfortable emotions such as sadness, depression, anxiety, anger, shame or confusion.

At one time or another we all fall prey to thinking one or more of these negative thoughts. Let's work on reframing these false beliefs in order to alleviate discomfort and get you started on the path to happiness. The last line of each page shows a tip on how to be a "brain-changer".

1. You think others are out to get you or talk badly about you

You think others are talking *about you* when they are talking simply because they are *looking* at you.

**REFRAME:** It is possible that others are just talking about something else that has nothing to do with you.

Leave it alone and move on with what you are doing. Truth be told, others typically have their own thoughts going on (taking up space in their own minds) that have nothing to do with you.

**SELF-ESTEEM BOOSTER:** Tell yourself something nice instead.



2. You see negative events in life as never-ending patterns of defeat

Everything bad seems to happen to you. **REFRAME:** *Sometimes* bad things happen to you, but they happen to everyone. That's life. Bad things don't only happen to you.

**SELF-ESTEEM BOOSTER:** Recall a time when something good happened to you instead to moderate the false belief.

3. You ignore the positive things in your life and simply focus on the negatives

You tend to gravitate towards noticing the bad things that happen in your life and overlook the small, simple pleasures. **REFRAME:** When you can appreciate what you have instead of what you don't have, life will unveil more happiness.

**SELF-ESTEEM BOOSTER:** Try to have a little gratitude and appreciate even the small things on a day-to-day basis. This is a form of self-respect.

4. You insist that your accomplishments don't count or have trouble saying 'thank you' when someone pays you a compliment

When someone pays you a compliment you shrug it off. Perhaps you don't believe them. It's hard for you to give yourself credit. **REFRAME:** You have good qualities in your personality just like everyone else. Isn't it time to start appreciating what you do have instead of focusing on what you don't?

**SELF-ESTEEM BOOSTER:** Now is the time to list off three positive traits and at least one accomplishment about you (in your head).



## 5. You jump to conclusions

Your imagination gets the best of you and it's attracted to the negative possibility happening. This invites anxiety into your mind.

Simply put, you assume the worst.

Thoughts become things.

**REFRAME:** If you focus on a positive possibility happening instead this alleviates the anxiety but it takes consistent effort.

**SELF-ESTEEM BOOSTER:** Tell yourself to stop the thought and use the reframe as much as possible. Try and trust the process.



6. You use "Should's",  
"musts", "ought to's",  
"have to's"

You criticize yourself or try to control other people with 'should's', 'shouldn't's', 'musts', 'oughts' and 'have to's'. Thinking in these terms presents frustration, guilt or obligation when the expectation is not met. **REFRAME:** Use more goal-oriented words, such as 'it would be nice...', 'I would prefer it if...'

**SELF-ESTEEM BOOSTER:** Thinking in this way is a healthier way of thinking.

With practice you can become more rational-minded and decrease negative feelings.

# 7. You use exaggeration, maximization or minimization

You exaggerate and use words like, 'never', 'always', and blow things out of proportion. Or you tend to minimize or shrink importance on other things to suit your mindset. This can lead to complaining, blaming, or on the other hand victimization, entitlement or a feeling of needing to be rescued. **REFRAME:** A better way to think is to substitute these words for 'sometimes', or 'at times'. Also, ask yourself how you can be responsible to claim your role and take ownership. It is irrational and unhelpful for you to think in absolutes.

**SELF-ESTEEM BOOSTER:** Ask yourself how you can start looking at things objectively, from another person's perspective or an outsider looking in. If you catch yourself complaining, stop and think of one positive thing about the situation.

## 8. Labeling

You identify your short-comings and are hard on yourself. You say things like, "I am a loser" or "I am stupid".

**REFRAME:** Try using phrases such as, "I made a mistake and can learn from it."

**SELF-ESTEEM BOOSTER:** When thinking in the 'I am' present tense, use words that are kind. These are more goal-oriented and affirming rather than negative or hurtful to self.



## 9. You blame yourself or others

You blame others quickly and overlook the fact that your own attitudes or behaviors can be responsible. Or you blame yourself and tend to beat yourself up. **REFRAME:** By becoming comfortable with accountability, in a healthy way, we can learn how to be more solution-focused rather than judgmental towards self or others. Plus, no one is perfect and it would be better if you could recognize that and give yourself and others a break. **SELF-ESTEEM BOOSTER:** Ask yourself how you can start looking at things objectively, from another person's perspective or an outsider looking in. By thinking in less extremes, you can increase your kindness through positive self-talk.

## 10. Rumination

This is when you dwell or go over and over the details, looking at it in a negative or pessimistic way. This can lead to complaining, victimization, anger, depression, anxiety, guilt and shame.

**REFRAME:** Challenge yourself and see if you can take a break from your thoughts or see the positive in the situation you are thinking about.

**SELF-ESTEEM BOOSTER:** Work on living in the moment and using healthy coping skills to get your mind off of ruminating.



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