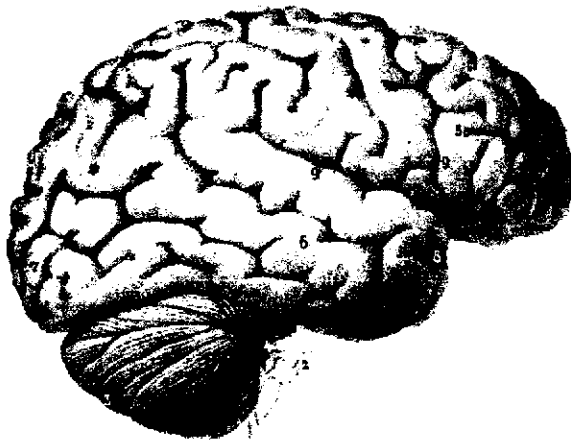


The **5** Things
Twins and Teens
Should Know About



**Negative
Thinking**

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The 5 Things Teens Should Know About Negative Thinking

Negative thinking affects much more than just your thoughts. It can affect your mental health, your physical health and your success in life. This ripple effect just keeps on going, if left unchecked.

As a therapist, I work with both children and teens on a variety of issues, but a common denominator comes down to thoughts. Negative thoughts, to be exact.

So, watch those thoughts!

Here are five things you should keep in mind about negative thoughts:

1. **They multiply.** Negative thoughts seem to take on a life of their own. They almost become larger than life. Once you get in a pattern of negative thinking, it can become difficult to break free!
 2. **They keep you from being your best self.** Negative thoughts hold you back in every way. They rob you of your confidence and stop you in your tracks.
 3. **They stand in the way of your success.** When your thoughts make you feel down and out, you are less likely to branch out and try new things, or set higher goals for yourself.
 4. **They make you feel lousy.** Confidence and self-esteem take a dive when negative thoughts are on the scene.
 5. **They CAN be changed!** You can change those negative thoughts into positive ones! It takes time and practice, but over time, a huge difference can be made in how you feel and how well you do in all areas of your life.
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Let It Go.

You don't need to sing the song, because I know we are all ready to let *that* go, but my children LOVED this one! I think **Let It Go** is such a powerful mantra, for it is about recognizing the things we cannot control {such as the actions of others} and letting go of our frustration. It's the Serenity Prayer. This is one I try to reinforce with my daughter, who seems to have inherited my quickness to feel irritated when things don't go as planned! She lashes out when her brother's behavior bothers her, or gets angry when plans are cancelled.