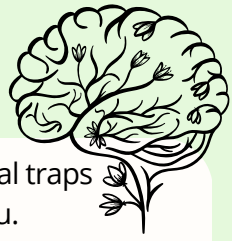




Overcome Negative Beliefs & Behaviors



Hey there, midlife warriors! It's Sharise, your Legacy Igniter, here to help you break free from mental traps with practical tools. Let's rewire your mind so you can step forward into the life God created for you.

1. Discover the Underlying Belief

Identify the belief fueling your negative thoughts. Ask: *"What belief is driving this? Who says I'm not enough? Where did this idea come from?"* Uncovering this helps the distortion fade, revealing your worth in God's eyes.

2. Challenge Myths with Specificity

Negative thoughts often stem from myths like "I always fail." Ask: *"Does this always happen? When did I succeed?"* Get specific to see the myth doesn't hold up and rewrite your story.

3. Practice Mindfulness

Stay present to stop distortions. Ask: *"What am I feeling right now?"* Tap into your God-given wisdom to balance emotion and logic, shutting down thoughts like "I feel worthless, so I must be."

4. Stop Judging—Start Describing

Judging fuels distortions. Instead, describe facts, not feelings: "They didn't smile" vs. "They hate me." Ask: *"What proof do I have?"* Put yourself in others' shoes, and let go of self-judgment. Grace, not judgment, is the Leading Lady way!

5. Embrace Extreme Self-Care

Prioritize what makes you feel whole—rest, prayer, a walk. Avoid choices that fuel regret (e.g., overeating). Ask: *"What does my heart need? What am I truly hungry for—connection, contribution?"* Helping others can be self-care too! Ask: *"What do I need to care for myself?"* Do it—no guilt!

6. Reduce Stress to Stay Grounded

Stress makes you more sensitive to distortions. Counter it:

- Step away from stressful situations when possible.
- Take deep breaths through the nostrils, focusing on a longer exhale.
- Practice self-havening: cross your arms with hands at shoulders and gently stroke down to elbow, Repeat as needed (add in those breaths)—especially in moments of stress.
- Prioritize self-care (see above!).
- Say no—your peace matters.
- Try relaxation, meditation, and prayer.
- Move your body.
- Call a friend who lifts you up.
- Distraction (see below!).
- Ask: *"What's stressing me out about this, and what can I do to shift it?"*

7. Use Distraction to Break the Cycle

Distraction isn't avoidance—it's a pause. Create white space: touch something soft, smell fresh air, taste fruit, listen to music, or enjoy a view. This lets your subconscious work, bringing clarity. Return and ask: *"Is this thought true? What's the proof?"*

8. Uncover Your Feelings

Understanding your emotions is key to tackling distortions like believing “I feel worthless, so I must be.” If you’re new to this, don’t worry—it’s a skill you can build! Start by asking yourself often: *“What am I feeling in this moment?”* Make it a habit—maybe set a reminder on your phone or pause during daily tasks like washing dishes or driving. We didn’t always grow up learning to connect with our feelings, so checking in can feel tricky at first, but it gets easier. One powerful way to understand your emotions is to tune into your body’s physical sensations—they’re like clues to what you’re feeling. For example:

- **Anger:** Often felt in the back between the shoulder blades, traveling upward along the back, neck, and around to the jaws and head—you might feel hot, flustered, with tension, pain, or pressure in the back, neck, and jaw.
- **Disgust:** Felt primarily in the stomach, chest, and head areas—think feeling sick, nausea, or even closing off your nasal passages.
- **Fear:** Felt primarily in the top half of the body, except when it involves a fear of heights, which can bring increased sensation in the legs—racing heart, faster breathing, and sweaty palms are common signs.
- **Happiness:** One of the most recognizable emotions but tricky to define—expect feelings of warmth throughout the whole body or a sense of contentment, safety, or living the good life.
- **Sadness:** Often starts in the chest and moves upward through the throat and up to the eyes, where you might notice tears forming.
- **Surprise:** Felt in the head and chest—experienced as a response to the unexpected, often feeling like a jolt.

These are common sensations, but your experience might differ—use them as a starting point to explore what your body is telling you.

9. Sit with Difficult Emotions

Don’t run from tough emotions—they can heal you. Sit with discomfort for 90 seconds—it’ll rise, pass, and fade. Ask: *“What’s this feeling showing me—what message does it want to share?”* As you acknowledge emotions, they release their hold, and you’ll find peace, dismantling distortions like catastrophizing.

10. Practice Self-Compassion

Silence your inner critic. You’re human—mistakes are okay! When “shoulds” creep in, ask: *“Who says I should be this way? What’s the proof?”* Give yourself grace, as God does, and watch perfectionism fade.

11. Cultivate Self-Love


Love and accept yourself—flaws and all. Acceptance doesn’t mean you stop growing; it means you love yourself while growing into who God created you to be. Ask: *“What do I love about myself right now?”* This counters distortions and reminds you of your worth in God’s eyes.

12. Let Go of Control

Release what you can’t control—like others’ views or your body shape—accepting change is inevitable and can be enjoyable. Ask: *“Can I control this? If not, what can I control?”* Act on what you can, leave the rest to God.

13: Make Failure a Friend

You can’t always control failure, but you can control what you believe about it. What if failure was a friend giving feedback? Ask: *“What can I learn from this? What can it teach me for next time?”* See failures as feedback to learn, grow, and try again. Keep going, Leading Lady style!

 Sharise Your legacy Igniter