



## DAY #3: CROWD OUT THE NEGATIVE BY ADDING IN THE POSITIVE

### YOUR MIND CAN'T THINK 'NOT'

First, I'm going to ask you not to think of a pink elephant.

What happened?

If I told you not to think about a blue tree, the first thing your mind would do would be to create an image of a blue tree.

Similarly, if you decided NOT to think of the chocolate in the vending machine, you'd first create an image in your mind of what you don't want, so that you could then cancel it out.

This is because **your mind can't do what you tell it not to do.**

So, don't try to get rid of thoughts about the junk foods ... if you try to resist them they won't go away. And because your mind moves you towards what you focus on, *it'll move you towards the very thing you're trying to avoid.*

Instead, put your focus onto **adding in** thoughts that positively support the outcome that you want.

*Add in the positive to 'crowd out' the negative*

You can't light a dark room by taking out the darkness. A dark room is lit by adding in the light.

**Your mind can't think 'not' ... so ADD IN the supportive thoughts, rather than try to take out the thoughts that you don't want.**

