Negative thought patterns

February 8, 2017 | 3 upvotes | by [empatheticapathetic](#)

I spend most of my days in a constant loop of negative thought patterns that just make me feel like the biggest piece of shit to walk the earth. Just constant observation and obsession over my failures and shortcomings; never acknowledging any sort of success.

I've achieved very little (in my opinion) in my life (stuck at home due to complex family obligations until recently). I don't have grand standards of what I want to achieve or what I'm worth to feel ok with who I am but I just lower myself to the complete bottom rung when I think about it.

This has been a huge issue my whole life and I want to start to tackle it. I'm not sure where to start.

For the record I've moved to my dream city finally after years of involuntarily being stuck with family and wasting my life. I'm beyond ecstatic to be free and to start building my life, although quite late, but this mindset has followed me despite my best efforts.

I've started lifting fresh (injured for a long time) and doing yoga. I'm alone most days but see friends and family on the weekends. I also meditate which helps but I just have little to no control of my mind.

Comments

banllama • 1 point • 8 February, 2017 06:06 PM

> I also meditate which helps but I just have little to no control of my mind.

Meditate more. The trait you need to break a bad though pattern is mindfulness, which can be trained by meditation. Check out this book

The key here is to train your mindfulness to the point where you start to recognize your subconscious behavioral patterns (negative though patterns) in order to then manually override them. Impossible to change your habits if you first don't recognize when they happen.

> empatheticapathetic[S] • 1 point • 8 February, 2017 06:32 PM
>
> I'm aware when they happen but just can't seem to let them go. I spiral with them too easily.

[deleted] • 1 point • 8 February, 2017 06:10 PM

Volunteer somewhere. You'll get your mind off your own problems (or perceived problems). Also, compete in something where you win at least semi-regularly. That way you'll feel more like a winner. Could be sports or board games or whatever.

SeamusAwl • 1 point • 8 February, 2017 06:14 PM

hmm. Is there anything you like about yourself?

> I've started lifting fresh (injured for a long time) and doing yoga.

Nice start. Now write yourself some notes on index cards about the things you actually like about yourself and things you are proud of what you have done/accomplished.

Wake up, and read them every day. Add to them whenever possible.

> empatheticapathetic[S] • 1 point • 8 February, 2017 06:32 PM
>
> This is a good idea, thanks.

> empatheticapathetic[S] • 1 point • 9 February, 2017 03:24 PM
>
> Hey man, i'm writing down stuff i like about myself but i just can't think of that much really. I don't know if its TRP or what that's made me think things like "empathy is a weakness. having strong morals or being friendly is weak". It might be too personal for you but what do you like about yourself?

oldslut • 1 point • 8 February, 2017 06:59 PM

start looking for positive things that you can be grateful for. for example, you just moved to your dream city. be grateful that you got this opportunity. focus on those things, not the negative. the rest should follow if you stick with it.

> empatheticapathetic[S] • 1 point • 8 February, 2017 11:17 PM
>
> I am really grateful I'm here. I think about it a lot and feel happy which I haven't felt in ages. It's magnified how bad I feel about my wasted time and my lack of development. I just tend to cling to the negative so easily despite trying to be mindful a lot. Cheers for your comment.

SeamusAwl • 1 point • 9 February, 2017 03:39 PM

My eyes. My quick wit. The creative ways i parent my girls. My intelligence. To name a few.

savagedealer • -1 points • 8 February, 2017 08:33 PM

Stop feeling sorry for yourself and stop living for others ... that's a good start for you