

How to get different results in your life

(Picking a new thought)

Hi! I'm Ellen Yale, Master Certified Life Coach, and founder of "The Nest", an online program to help you thrive in college.

In the last video, you learned about the Thought Loop. You learned how your thoughts cause your feelings, which cause your actions, which cause your results.

So, if you want different results in your life, the thought loop is a great tool.

Let's say the result you want is to go into college confident, knowing you are going to crush college.

Well, that's not really a result.

To break that down, confident is a feeling.

And maybe the result you want is to form a new group of friends.

Or maybe the result you want is to stay organized.

Or maybe the result you want is to learn more.

You can choose any result to work on, or more than one.

But each result goes in a different thought loop.

So, define the results you want and fill out the rest of the Thought Loop.

The surest way to get new results (or new feelings) is to pick a new thought.

Thoughts cause your feelings.

Thoughts cause your actions (because they cause your feelings).

And thoughts cause your results.

The trail always leads back to your thoughts.

So, it's an extremely helpful skill to know how to change your thoughts.

Sometimes it doesn't seem like you can change what you think.

Things just seem to pop into your head.

But it only seems that way.

You can actually train yourself to think different thoughts.

It's like learning to ride a bike. It just takes practice. You don't get on a bike and ride perfectly the first time.

You try out different things until you are finally riding straight and true.

So here's the deal.

One way to find a new, better feeling thought is to think one up.
Here are the rules...

- 1) It needs to be a thought that makes you feel better, AND
- 2) It has to be a thought you truly believe.

This sounds easy, but it takes a little playing around if you want to get a thought that actually sticks.

The first thing people try is flipping to the opposite.

Example:

If your painful thought is, "I'll never get invited to parties," you **may** want to replace it with, "I will get invited to parties."

While that sounds ideal, my hunch is you don't believe it, or chances are you would already think it.

It's just an affirmation.

But you **might** actually believe, "I'll get invited when I find the right group."

I want to give you a heads up...

I want to let you know from experience, that you are going to try to do this on the fly. You are going to feel a bad feeling, and then decide to come up with a better feeling replacement thought right then, and then be disappointed when it doesn't work.

Because you haven't taken the time to come up with the right thought, that you both believe and that feels better.

Take 10 minutes to actually sit down and write up some possible replacement thoughts. Try them on. Maybe it will take longer as you first are learning this skill. But don't shortchange it.

This next part takes a lot of self-awareness...

Catch yourself as you tell yourself this painful thought, like "I'll never get invited to parties" and say to yourself, "Wait, that's not the thought I want... 'I'll get invited when I find the right group.'"

You take your painful thought and replace it with your chosen replacement thought.

It may be hard to catch yourself before you think your painful thought or blurt it out, but with practice you will be able to catch yourself as it starts to form, and insert the new thought.

The key is to find a thought that actually makes you feel better when you think it.

When you are trying out new replacement thoughts, stop and see what sensations you feel in your body to see if the new thought works.

How about another example of a replacement thought.

Here's a big hairy thought:

College shouldn't cost so much.

It makes you angry and resentful

Action – an underlying demeanor with professors is, "This better be worth it"

Result – You don't get as much from class because they feel attacked/animosity.

To snap your fingers and change the thought to

"College **should** cost so much" would be great (and you could logically back it up with how much it costs to actually operate a university).

But if that doesn't feel really true and freeing, try changing

"College shouldn't cost so much" to something softer and kinder, like, "There is no price tag on knowledge."

Or "I chose to attend this college, I am free to leave"

or "I'll be able to make more money as a college grad."

Or "I'm glad to be affluent enough to go to college."

College being expensive is subjective.

Whether it's true or not does not matter.

If the thought is making you miserable, change the thought.

Once you are thinking a thought that makes you feel good, it shows up in your results.

If you are thinking, "I'm glad to be affluent enough to go to college,"

you will feel... proud.

You will act more self-assured.

And the result will be that you connect with your professors, your peers and your studies in a more meaningful way and getting more value for your tuition dollar.

One last example:

How about, "I've made a huge mistake."

This could be about committing to a particular college, or roommate, or date or a whole variety of things.

This thought makes you feel – afraid, or apprehensive or regretful.

Or whatever your true feeling is.

If you feel regret, your action might be to tell everyone who will listen about your regret.

Your result is that instead of focusing on making the situation work, or finding a new direction, you spend your time spinning your wheels, thinking about your story about your circumstances.

This reinforces your belief that you have made a mistake.

Your replacement thought?

What would make you feel good about your current situation?

It's totally up to you!

But if the painful thought is, "I've made a huge mistake", I might try out the replacement thought, "This situation is here to teach me something."

Or "This is part of my journey."

Or "I haven't made a huge mistake."

It's truly up to your specific history, and what makes YOU feel better.

And I don't mean better in the short term... like revenge, or teaching someone a lesson.... I mean feel better like love or appreciation or joy or happiness.

I could give you more examples, but changing your thoughts is very personal.

You need to find the thought YOU think is true.

This is YOUR work to do.

Changing your thought is simple but not necessarily easy.

But sooo worth it.

Just remember the two rules.

- 1) The replacement thought has to be as true or truer than the painful thought.
- 2) It must make you feel genuinely better

Questioning my thoughts and managing my mind has changed my whole life.

That's it for this video.

Change your thoughts and change your results.

Thanks for watching.



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