



THE DELIBERATE ONE PRESENTS

OVERCOMING NEGATIVITY BIAS

5 steps to start shifting into a more positive outlook

BY CHELSEA POWELL

WELCOME

Hi There!

If you're tired of feeling weighed down by negative thoughts and emotions, you're not alone. Our brains are hardwired to focus more on negative information than positive, a tendency known as negativity bias.

In a study published in the journal *Nature*, researchers used fMRI to examine brain activity in response to negative and positive images. They found that the amygdala, a brain region involved in processing emotions, was more active in response to negative images than positive images.

But the good news is that you can overcome this bias with the right tools and techniques. In this guide, we'll walk you through five steps you can take to retrain your brain and cultivate a more positive mindset. By practicing mindfulness, focusing on the positive, reframing negative thoughts, and surrounding yourself with positivity, you can start to experience more joy, fulfillment, and peace in your life. Let's get started!

Chelsea
aka The Deliberate One

ABOUT ME

At my core, I'm driven by a deep passion for guiding women back to their innate happiness and unwavering self-assurance. I offer my unwavering support to those who find themselves starting over, seeking liberation from stagnation, or yearning for enhanced well-being.

My own journey, marked by losses, shifts, and renewal, has shaped my mission.

Living and working in small town Ontario, with my partner Kevin, and Australian Shepherd Macy, building a life beyond our wildest dreams.



OVERCOMING NEGATIVITY BIAS

Getting started with awareness of how negativity bias impacts you



01 What are the negative thoughts or emotions that you experience most frequently? Write down some specific examples.

02 When something negative happens, what is your initial reaction? Do you tend to dwell on it or let it go quickly? Write about your process.

03 When something positive happens, do you find it difficult to focus on it or do you dismiss it? Write about a recent positive experience and how you reacted to it.

OVERCOMING NEGATIVITY BIAS

Looking at negativity bias and where it shows up in your life

Negativity in our relationships

How do you think your negativity bias affects your relationships with others? Write about any patterns you've noticed in your interactions with others.

Negativity in our lives

Are there any areas of your life where you feel particularly negative or pessimistic? Write about these areas and explore what might be causing those feelings.

Shifting negativity

What would it look like if you were able to shift your focus from negativity to positivity? Write about what that might feel like and what changes you would need to make to achieve that shift.

FIVE TIPS

to overcome negativity bias

Recognize your negativity bias: The first step to overcoming negativity bias is to acknowledge that it exists. Our brains are hardwired to pay more attention to negative information than positive information, so we need to be aware of this tendency before we can start to overcome it.

Practice mindfulness: Mindfulness can help you become more aware of your thoughts and emotions, and can help you shift your focus away from negative thoughts. Try to focus on the present moment, without judgment or analysis. This can help you break the cycle of negative thinking.

Focus on the positive: Make a conscious effort to focus on positive things in your life. This could be something as simple as appreciating the beauty of nature, or taking time to reflect on things you are grateful for. By focusing on the positive, you can help retrain your brain to pay more attention to positive information.

Reframe negative thoughts: When negative thoughts do arise, try to reframe them in a more positive light. For example, instead of thinking "I'm terrible at public speaking," try to reframe it as "I'm still learning and improving my public speaking skills." This can help you shift your mindset from one of negativity to one of growth and possibility.

Surround yourself with positivity: Surrounding yourself with positive people and influences can help you overcome negativity bias. Seek out friends and family who are supportive and encouraging, and try to expose yourself to positive media and experiences as much as possible.

Remember, overcoming negativity bias is not something that will happen overnight. It takes time and effort to retrain your brain, but by following these steps, you can start to shift your mindset and experience more positivity in your life.



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