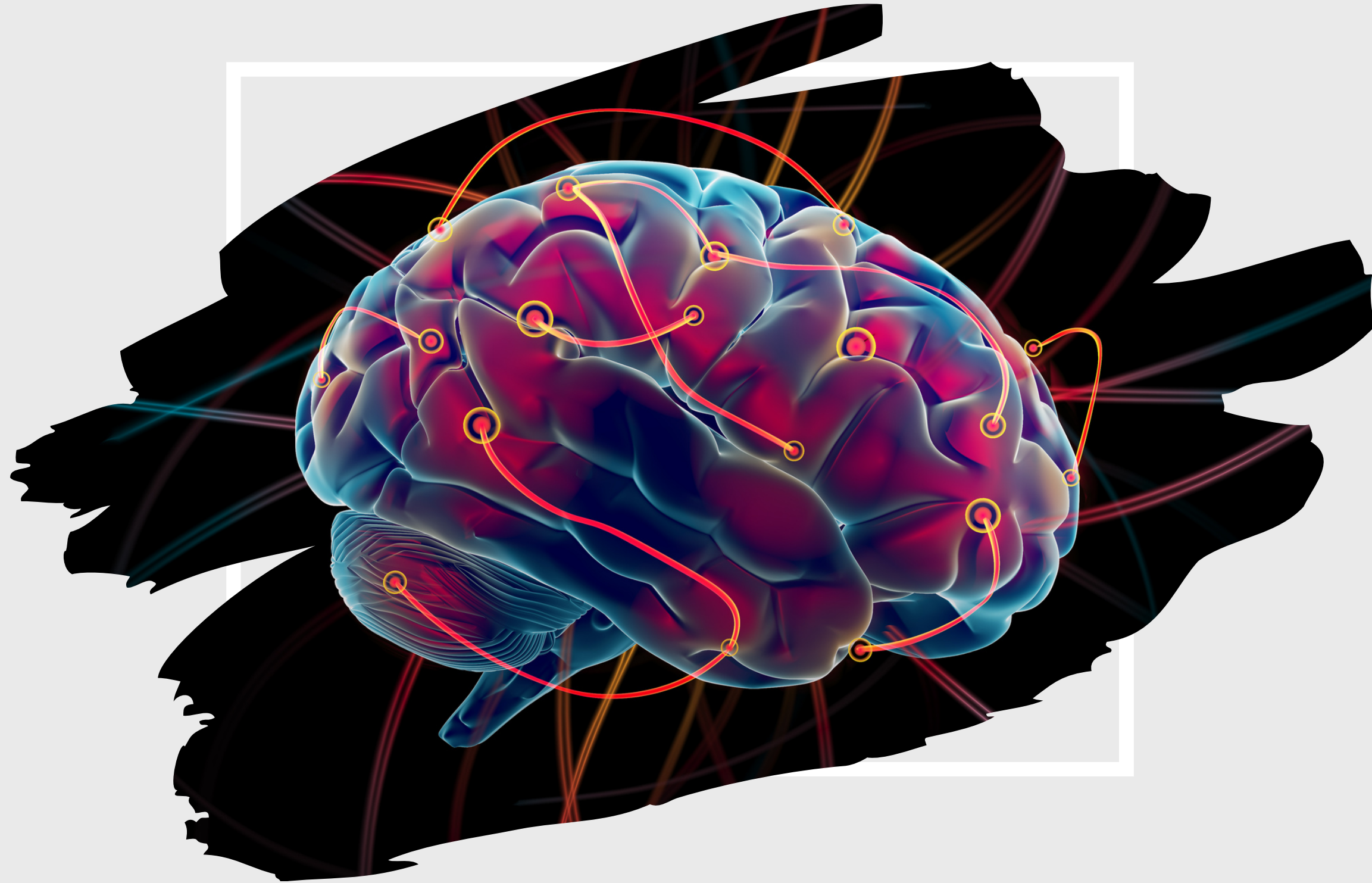




**What are
Thoughts?**

Introduction

Thoughts are the product of brain activity. Our brains receive, process, and interpret information from the world around us, generating thoughts.



Definition of thoughts

Thoughts are mental processes of the mind that involve cognitive abilities such as perception, attention, memory, and problem-solving.



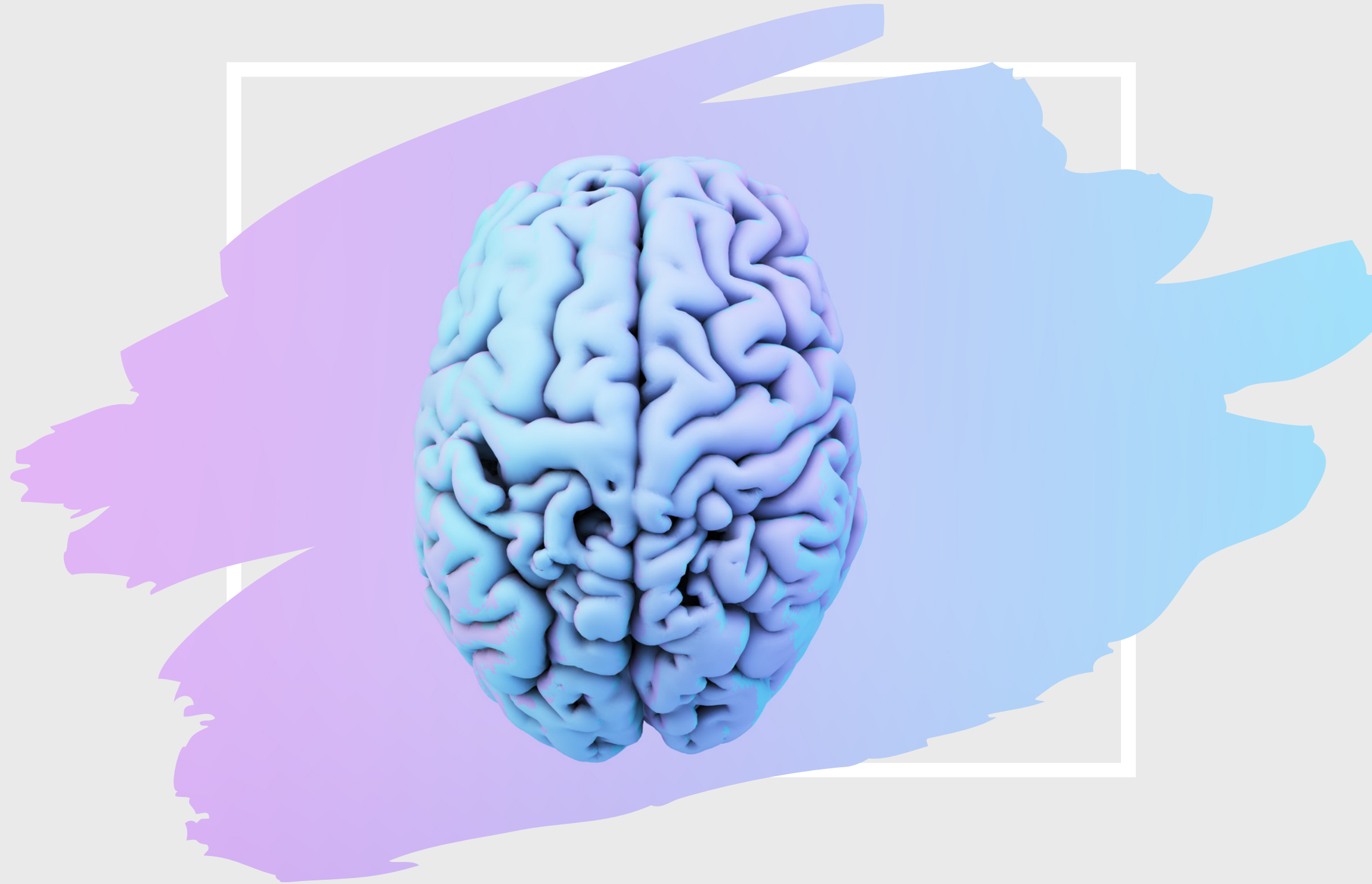
Types of thoughts

Automatic thoughts occur spontaneously, while controlled thoughts require focused attention. Positive thoughts lead to positive emotions and actions.



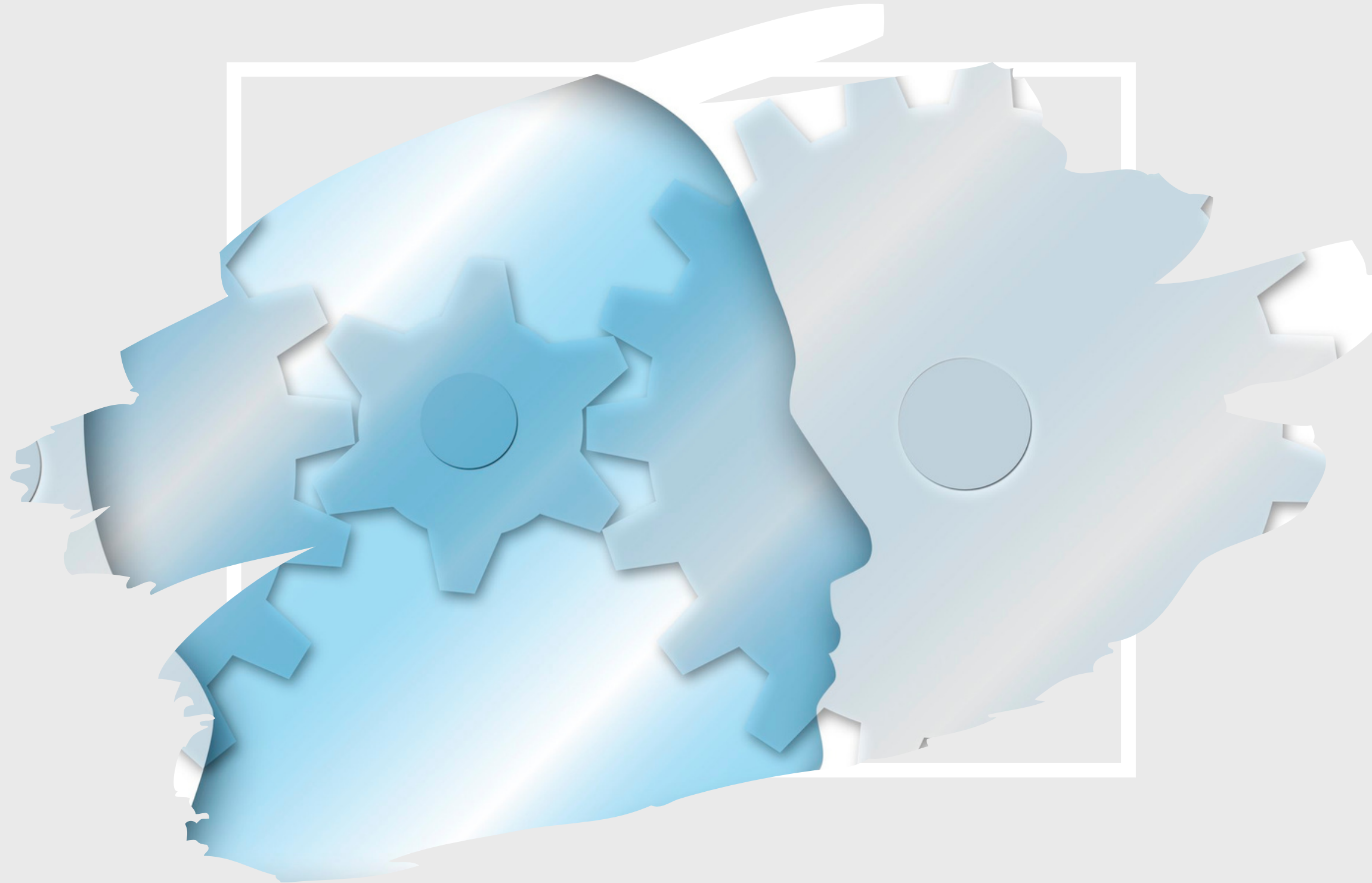
How thoughts are formed

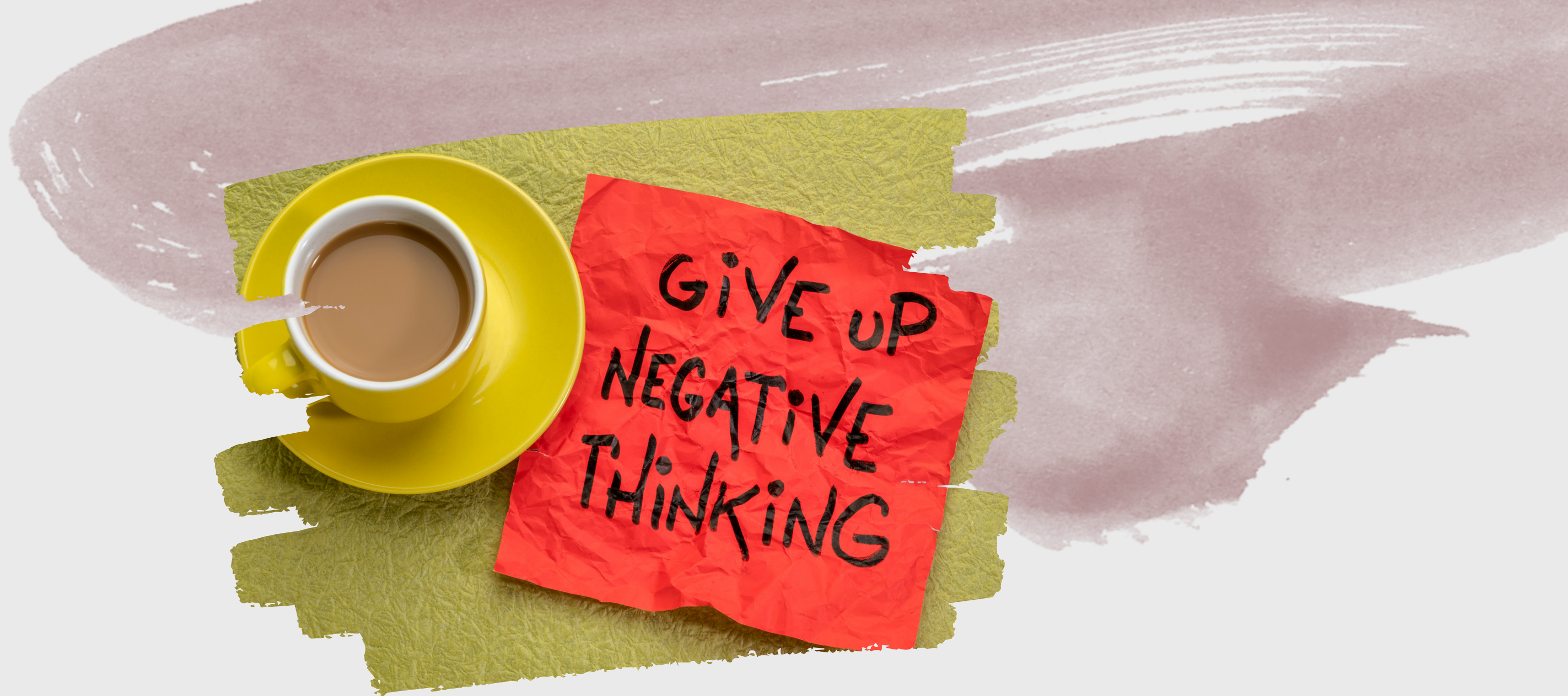
Thoughts are formed from electrical signals in the brain triggered by external stimuli or internal mental processes. They shape our perceptions and actions.



How thoughts affect our life

Our thoughts shape our beliefs, emotions, and actions. Positive thoughts lead to positive outcomes, while negative thoughts can hold us back.





How to manage negative thoughts

Acknowledge negative thoughts, but don't dwell on them. Challenge them with positive affirmations and realistic counterarguments. Practice mindfulness.

**THANK YOU FOR
EXPLORING THE
FASCINATING TOPIC OF
THOUGHTS WITH ME!**