

*MindWave by  
Sarah Sahai*

# BREAK THE NEGATIVE THINKING CYCLE

A practical guide  
to stop  
overthinking and  
rewire self-  
defeating  
thoughts.

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# UNDERSTANDING NEGATIVE THINKING

Negative thinking is not a personality flaw. It is a learned mental pattern.

The goal is not to eliminate negative thoughts, but to change your relationship with them.

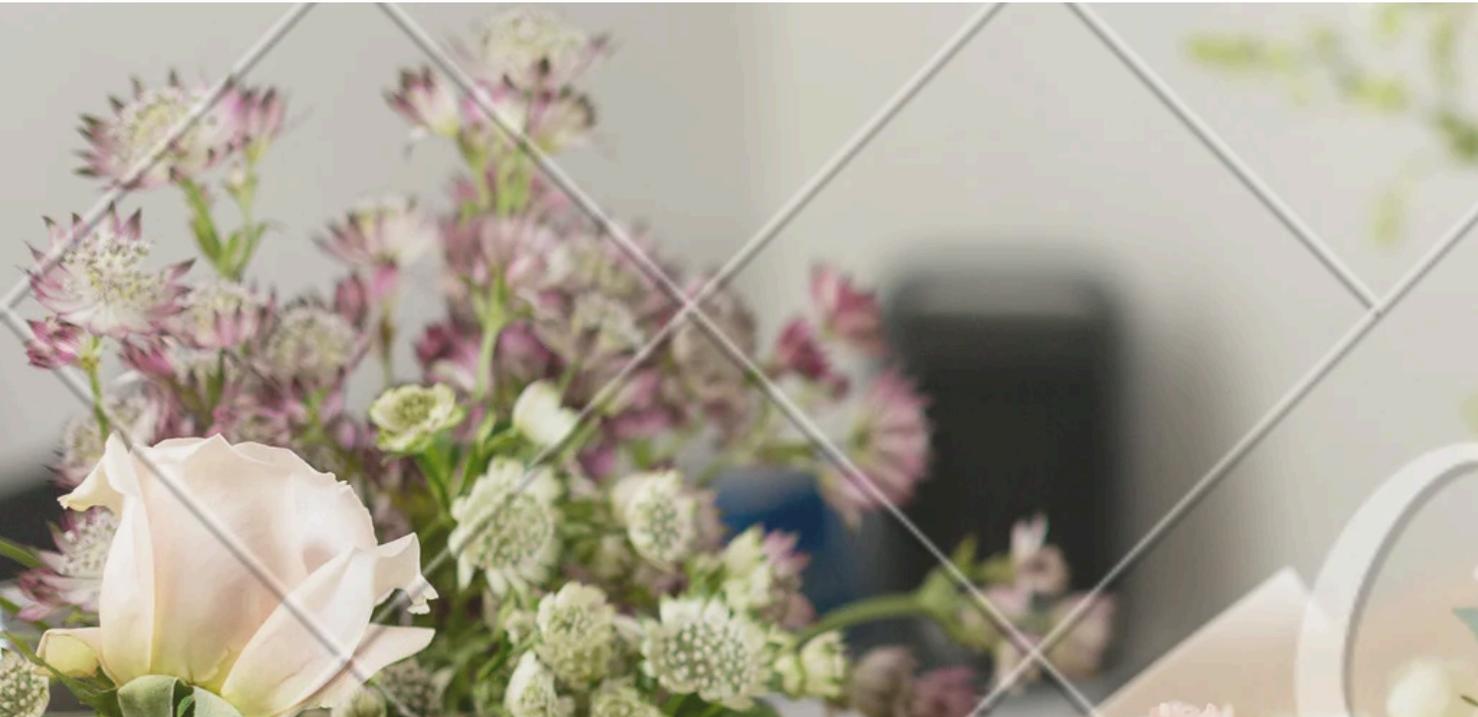
*Why Your Mind  
Defaults to the Worst?*



Negative thinking is not weakness.  
It's protection.  
Your brain is wired to scan for threats. It prefers worst-case scenarios because it believes that prepares you for survival.  
The problem?  
Modern stress isn't life-threatening.  
But your brain still reacts as if it is.  
That's why you:

- Replay conversations
- Imagine failure before starting
  - Assume people are judging you
  - Catastrophise small mistakes
  - Focus more on what went wrong than what went right

Awareness is the first step to change.



## Step 1: Identify the Pattern

- Notice recurring thoughts such as 'I'm not good enough' or 'What if I fail?'
- Write down the situation that triggered the thought.
- Ask: Is this a fact or a fear?

### *Ask Yourself:*

- *What was the trigger?*
  - *What exact thought appeared?*
  - *What emotion followed?*
    - *What did I do next?*
- Write it down exactly as it shows up in your mind.*

### *Not the "polite version."*

*The raw version.*

*Example:*

*Trigger: My manager didn't reply quickly.*

*Thought: "I must have done something wrong."*

*Emotion: Anxiety.*

*Behaviour: Over-apologising in my next message.*

*Now you've found the pattern.*





## STEP 2: CHALLENGE THE THOUGHT

- What evidence supports this thought?
- What evidence contradicts it?
- How would I respond if a friend said this about themselves?

*Ask yourself:*

- *Is this a proven fact — or a prediction?*
- *What actual evidence supports this thought?*
  - *What evidence contradicts it?*
- *Am I assuming the worst-case scenario?*

**Example:**

**Thought:** “I embarrassed myself in that meeting.”

**Fact:** I stumbled over one sentence.

**Fear:** Everyone thinks I’m incompetent.

**Notice the difference.**



**Reflection Exercise**

**Write:**

**The negative thought:**

**Evidence supporting it:**

**Evidence against it:**

**arm Sources**



# STEP 3: REFRAME WITH BALANCE

Instead of 'I always fail'  
say  
'Sometimes I struggle,  
but I learn and improve!'

Replace extreme  
statements  
with balanced ones.



Focus on progress,  
not perfection.

## Step 4: Interrupt Overthinking

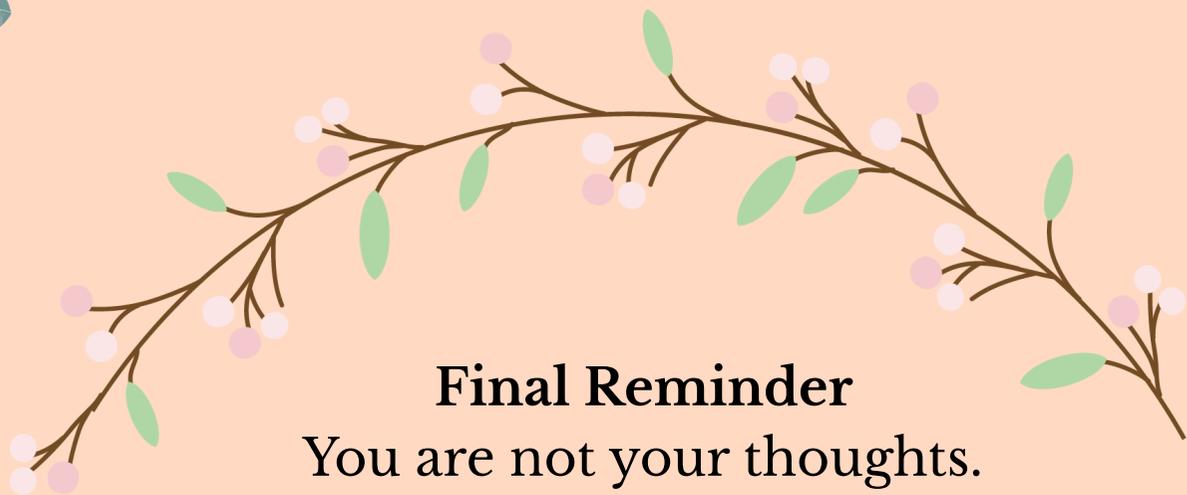
Set a 5-minute timer for worry time.

Shift attention to one small action you can control.



Ask yourself:  
“What is one small action I can take right now?”

Engage in grounding techniques (name 5 things you see, 4 you feel, 3 you hear).



## Final Reminder

You are not your thoughts.

You are the observer of your thoughts.

With practice,  
you can reduce the power of negative thinking  
and build a calmer,  
stronger mindset.

If you're ready for structured support,  
explore the SUKOON Method™ at [www.mindwave.org.uk](http://www.mindwave.org.uk)



Love'  
Sarah xx