Negative Versus Positive Thoughts of Others*

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I chose to monitor my thoughts throughout the day in hopes of reducing the number of negative thoughts I have about others. I was noticing myself getting very impatient and unforgiving about others and needed to change.

I used a bracelet bead counter and pen slash marks on my hand to keep track of both positive and negative thoughts. At the end of the day at about 6-7 o'clock I would write down in a journal the numbers and then record on my chart.

I decreased my negative thoughts by 1,4 and increased my positive thoughts by x 1.4 merely by counting and charting. However, to push a little harder I began to make a conscious effort, using a written reminder in my daily planner, to keep an open mind about others. This intervention did not maintain or increase my positive thoughts celeration but I did continue to improve at x 1.1. My acceleration goal was 20 positive thoughts about others a day, but my highest frequency was 16 positive thoughts in a day.

My negative thoughts continued to decline at 1.3 with the daily planner prompt. My deceleration goal was three negative thoughts a day which I achieved on two days and exceeded on one day having only two!
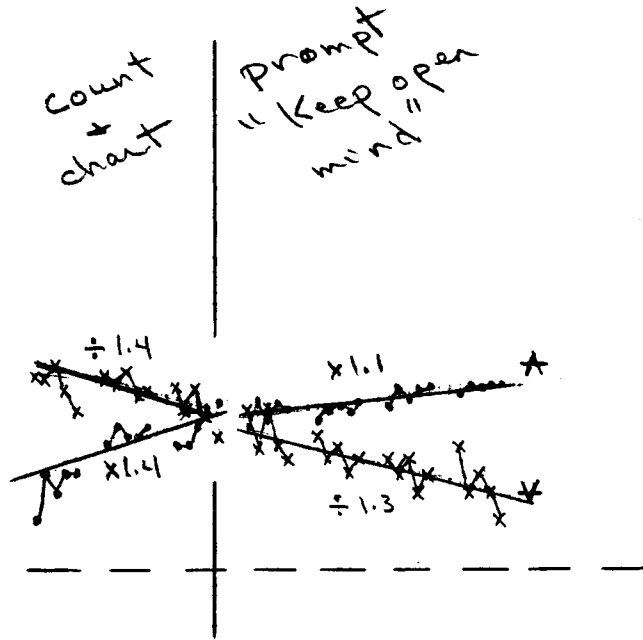
20 Jan. 02   27   3   10   17 Feb 02   24   3   10   17 Mar 02   24   31   7   14 Apr 02

count & chart

prompt "keep open mind"

÷1.4

×1.1

×1.4

÷1.3

CLAY
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positive vs negative thoughts about others

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