

Catalogue of toxic thoughts and How to do mental biofeedback

The easiest exercise to start dealing with toxic thoughts is the so-called mental biofeedback from cognitive therapy. The idea of the exercise is to **start counting your toxic thoughts**. Just counting, nothing else. This way, you become more aware of your toxic thoughts.

You simply buy a counter to click or draw a line in a notebook every time you catch yourself with a thought that isn't part of the superhuman mindset. After counting your negative thoughts for a few days, **you can slowly take a step further**.

- Step 1: Only count toxic thoughts for a few days or even weeks
- Step 2: Count toxic thoughts but also write them down
- Step 3: Count them, write them down and categorize them (what kind of toxicity it is)

Soon you will learn to identify any kind of toxic thinking and poor mentality, and categorize thoughts very quickly. If you follow this (empathy) process for a few weeks, **you will learn to identify and categorize thoughts in the blink of an eye**.

Here is once a summary of all the different toxic thoughts and categories of poor mindsets that need to be upgraded to a more superior version:

Toxic mindset	Superior mindset
Fixed mindset	Growth mindset
Scarcity mindset <ul style="list-style-type: none"> • Emotional scarcity • Intellectual scarcity • Intimate scarcity • Social scarcity • Opportunity/competence scarcity • Material scarcity 	Abundance mindset
Negative thinking <ul style="list-style-type: none"> • All-or-nothing thinking • Overgeneralization • Mental filtering • Discounting the positive 	Positive thinking

<ul style="list-style-type: none"> • Jumping to conclusions • Magnification and minimization • Emotional reasoning • Should statements • Labeling • Personalization and blame 	
Problem-oriented <ul style="list-style-type: none"> • Blaming others • Can't attitude 	Solution-oriented
Inactive & Reactive thinking	Proactive thinking & Superproactivity
Suboptimal thinking	Optimal thinking <ul style="list-style-type: none"> • The best • The greatest • The highest • The smartest • The most • Maximal • Optimal
Egotistical thinking	Agile thinking
Indecisiveness	Regret Minimization Framework
Overthinking & analysis-paralysis	Shutting down your mind
<i>Making bad decisions, big and small</i>	<i>Making good decisions, big and small</i>

More information about the techniques and how to upgrade your mindset:

<https://agileleanlife.com/upgrade-your-mindset/>