From Shad Helmstetter’s Book: **"What To Say When You Talk To Your Self".**

Your Mental Apartment

 Imagine a mental apartment! The place you live with your thoughts. And it’s furnished with everything you think about yourself and the world around you. Most of the mental furniture you got is hand me downs. It’s the old negative way of thinking which was handed down to you from your parents, your friends, your teachers and everyone else who has been helping us form our subconscious minds. Now over time the sofa is sagging and worn down, the chairs are shaky; the pictures hanging off the walls, the dishes are stained. So let’s agree that I’m going to come over to your mental apartment around 4:30 on Saturday and help you get rid of all your old furniture (thoughts). So we store all of your old furniture in the garage, even the rug, tables, bed, sofa, chairs. We take out every old negative self-belief and store it away out of sight. By six o’clock we finished and I leave. After I leave you stand around in your empty mental apartment. It is spotless so there isn’t any negative thought. So you look around and say this is great. Now you feel like a positive thinker because you’ve gotten rid of all your negative thoughts. So two hours later you get bored, u have nothing to do, nothing to watch, nothing to sit on so what do you do? You go into the garage and grab a chair, now you’ve got something to sit on but nothing to watch so you grab the TV, now you got something to sit on and watch but nothing to eat on so you grab dishes and a table. Why did this happen? This happened because when I helped you move your old furniture (your thoughts) into the garage, I didn’t help you replace them with any new positive thoughts so you went back and used your old furniture (old way of thinking). So when you decide to stop thinking negatively and you do not have an immediate, new positive vocabulary to replace the old, you will *always* return to the comfortable, old negative thinking of the past.

Replace the Old with the New

Let’s back track for minute. Instead of me leaving you with an empty mental apartment let us say that I knock on your door, and ask you to come outside. There stands a shiny new Delivery truck full of the most beautiful furniture (new thoughts) you have every imagined. I help you bring all the new furniture into your mental apartment, but this time we don’t store the old negative furniture (negative thoughts) in the garage; we pile it up and light it on fire. We get rid of it! Don’t give your old furniture (old thoughts, old way of thinking) to someone else. After all, that’s how you got it in the first place from someone else! This time when I leave, walk through your mental apartment and look around you. What an incredible sight meets your eyes! What once was a place of tattered hopes and broken down dreams is now filled with bright new beginnings of an exciting new you. The new mental furniture stands on the sturdy legs of self-assurance; you have replaced frustration and quiet resignation with the enthusiasm of promise and belief. That is how positive thinking should work. That is the difference between just believing in positive thinking and actually creating it in your life. It is fine to throw out the old-it is essential to do that for growth! But it is also essential to replace the old with the new-word for word, thought by thought. The problem has been that in the past, no one gave us the words. No one gave us the word-for-word vocabulary that we needed to replace the negative programming we had learned so well. The right kind of thoughts is the key to making all positive thinking work. Without it, for most of us, positive thinking becomes “wishful thinking.” And wishful thinking is nothing more than saying to yourself, “I wish I could….but I can’t” And “I can’t” shouldn’t be in your vocabulary. That’s the kind of thinking that works against us.