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Brain References

Presents



*Think on
These
Things*



Brain Benders

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Admonition

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Think of scripture as a manual for everyday living—its admonition does not come out of a vacuum although it's taken centuries for research to explain it some of it

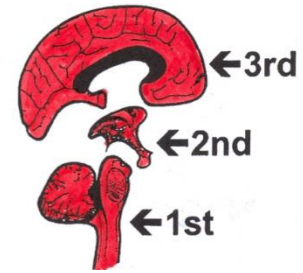


***Whatever things are true,
noble, just, pure, lovely, of good
report, or praiseworthy—think on these things***

—Apostle Paul, Philippians 4:8

Create Positive Pictures

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Thoughts create pictures in the brain

- **Positive thoughts are a one-step process**
- **Negative thoughts are a two-step process and a challenge for the brain**

The 1st and 2nd brain layers do not use language but they can perceive the pictures created in the 3rd conscious layer — and tend to follow the first picture that was created (*‘Don’t touch the stove’* first creates a picture of touching the stove)



Think Positively

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**Think about what you want to have happen —
stop thinking about what you do not want to
have happen**

**Whenever you get a negative thought, change it
into a positive thought**

**That will create a one-step positive picture, a
map, for your brain to follow (Say, '*Keep your
hand away from the stove*' —because that is
what you want to have happen)**

Self-Talk Follows Thoughts

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**Use short, positive,
present-tense words**



Arlene, you are _____

**Speak as if the new behavior is already in
place and happening right now**

**This is critical for altering behaviors and for
achieving success**

Other Talk Follows Self-Talk

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**You tend to talk to others in the
Same style you use with yourself**



**If you speak positively to yourself and about
yourself, you tend to speak positively to others**

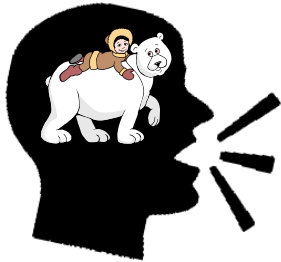
**If you speak negatively to yourself and about
yourself, you tend to speak negatively to others**

White Bear Phenomenon

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“Don’t think about the white bear.”

A representation of a white bear will go into your brain’s working memory and you will likely think about it even more frequently . . .



—Daniel M. Wegner PhD, Harvard University

The two-step negative picture does not tell you what to do

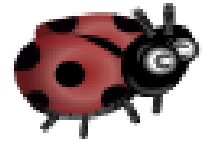
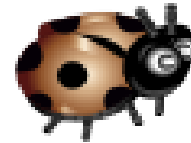
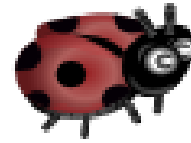
Always Use Positive Instructions

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Thoughts→ Self-talk→ Other-talk→ Behaviors

Don't run into the street

Stop at the curb



Don't forget your homework

Remember your homework

I don't want to be fat

I weigh 155 pounds

Negative Programming

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Never tell your brain anything that you do not wish to be true



If you say, 'I feel a bad day is coming on . . .' your conscious mind may chuckle because it is able to get the 'joke'

The subconscious brain layers take that statement literally and do everything in their power to help you have a bad day

Avoid All Pejoratives

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**If you say, *‘Stupid mistake.
How could you be so dumb? What a twit!’***

Your conscious mind creates a picture in working memory of you being a stupid dumb twit

It may ‘know’ at some level that you are not a stupid dumb twit, but the 1st and 2nd layers take that literally – and help push you toward being a stupid dumb twit

Thoughts and Health

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Every thought you think affects every cell in your body, and either suppresses or strengthens your immune system

- **Serotonin – impacts energy levels, outlook on life, ability to experience joy, sleep ...**
- **Levels fall when you think or speak negatively or maintain a negative mindset—are your thoughts singing gratitude?**



Health, Cont'd

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**Norepinephrine (hormone & neurotransmitter) -
regulation of mood and response to stressors**

**Thoughts of hopelessness or helplessness are
associated with a reduction in levels of
norepinephrine, which will impact your
mood negatively and your ability to
manage stress**



**A negative mindset is the precursor of all life-
threatening illnesses** —Peter McWilliams

You Can't Afford the Luxury of a Negative Thought

Health, Cont'd

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- **Dopamine – helps you to feel better, provides an ability to experience pleasure, enhances muscle steadiness, helps the pre-frontal lobes to hold onto information**

Levels decrease when you think you cannot cope and can lead to anhedonia—an inability to experience pleasure in normally pleasant acts; a core clinical feature of depression





Mood Congruity

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When in the grip of an emotion, the brain tends to trigger automatic recall of past situations that involved a similar emotion

The hippocampus, your brain's search engine, searches your memory banks

- **Happiness triggers recall of happy events**
- **Sadness triggers recall of sad events**
- **Fear triggers recall of fearful events**
- **Anger triggers recall of angry events**

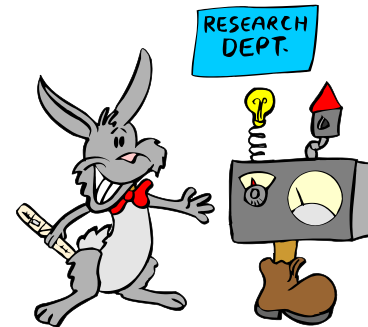
Thoughts and Energy

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Your body energy is closely connected with your thoughts -- positive thoughts and feelings add energy to your system

Negative thoughts and feelings deplete your energy

**Anxiety and anger are
*'energy eaters'***



Mood Congruity and Energy

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**Positive thoughts trigger recall
of positive memories and create
Positive coherence within the brain**



**Virtually no energy is wasted when all
components of the human system are
operating in positive congruity**

**With congruity you have more energy
available to use . . .**

Energy, Cont'd

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Studies: It is physiologically impossible to be fearful and appreciative at the same time

**Only one emotion at a time can be on stage with you in your brain
(Joy, Anger, Fear, or Sadness)**



Identify something to appreciate and you can banish fear to the 'wings' and bring back joy on stage—and increase your energy levels at the same time



Increase Your Success

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Long-term success rarely occurs by accident—rather by a process of ongoing conscious and deliberate choices each day, however small they are

Genius is said to be 1% inspiration and 99% perspiration

Estimates are that it takes 10,000 hours of practice to become world class in your chosen field; that's absolutely doable

Choose Positive Thoughts

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Everything begins with your thoughts and your mindset ...

“Your habitual attitudes form neural circuits in the brain; if you choose to maintain a specific attitude, the brain can literally rewire itself to facilitate that attitude”



**—Doc Childre and Howard Martin
*The HeartMath Solution***