

Emotional Prosperity Challenge by Having an Attitude of Gratitude

B2B 3rd Month

Since the main problem addicts and under earners have is the addition to negativity, and therefore Emotional Poverty, we are going to now work on re-building the left side of the brain. See article below.

Here is the 30 Day Challenge:

Week 1: Every day write ten things you are grateful for service in our program, family, and community.

Week 2: Write ten things you are grateful for in nature as you walk daily.

Week 3: Write 10 things a day you are grateful for that have to do with the daily blessings you receive by having conscious contact with your HP through prayer, meditation, etc.

Week 4: Write 10 things a day you are grateful for that are things you use instead of media.

How does our brain process negative thoughts?

The training principle

(from: 15Minutes4Me.com)

When we train a muscle every day, it becomes larger, heavier, and more powerful. When we do not use a muscle for an extended period of time, it reduces. This is called muscular atrophy in the medical world. It can take months to re-train your muscle after you start using it again. Training of our brain in stress, anxiety, burnout, or depression

The same thing goes for our brain. Modern visual technology allows us to measure and map the activity in certain parts of our brain. This means that we have slowly started to understand the mechanism which makes one thing in a pessimistic way when one has a depression, experiences stress, or has a burnout. This mechanism is the same mechanism which is triggered in a muscle which is not used in the right way.

Hyperactive negative thoughts are developed in your right prefrontal cortex

In the right front part of your brain, just above your eyeball, you will find your right prefrontal cortex (PFC). This is the part of the brain which is responsible for your negative thoughts. For people who have thoughts negatively for a long time or experience depression, medical visualization has shown that this part of the brain is hyperactive or overly developed. You could say that it sort of looks like an over-trained muscle in a body builder who uses too many steroids.

Under-developed positive thoughts are developed in your left prefrontal cortex

On the top, left part of your brain, you will find the part which is responsible for your positive and optimistic thoughts. During periods of feeling down, pessimism, stress, or depression, this zone seems to be a bit smaller than the right side. It is under-developed.

What does therapy do to your brain?

Recent studies show that different therapeutic techniques like meditation, thankfulness training and other techniques, can re-balance this left-right equilibrium. Slowly but surely the volume of the scan of your left prefrontal cortex (which holds the positive thoughts) will increase, compared to the right prefrontal cortex of which the volume will be shown to decrease in the picture. This change does not happen suddenly, just like a sudden re-training of a muscle with atrophy will not happen overnight.

30 days to re-train your brain

Some studies suggest that you need to spend about 30 days to experience significant changes in the brain. This seems logical when one considers that many antidepressants also take about three weeks or longer until their positive effects start to show.