

"If something is possible, then it is possible to learn how to do it."



Ling Kulanko  
Inspiring You  
To Transform Your Life  
[www.lingkulanko.com](http://www.lingkulanko.com)



### *Empowerment & Transformation*

Welcome to connect with me, in empowering you with inspiration and techniques to transform your life.

Dedicated to empowering lives through essence and transformation:

**[www.LingKulanko.com](http://www.LingKulanko.com)**

### **3 Steps to Managing A Negative Experience**

This 3-step process is very close to my everyday life, I started with them some 15 years ago, and till today, they remain the most often used techniques for me as I found them to be very practical and effective in not just managing negative experiences, but also be more aware and empowered in living the life we want. We are what we think, learn how to manage our thoughts so that no matter what happens, we are empowered to uncover more of our truth, and gain more peace in our lives.

1. Aware -> 2. Uncover -> 3. Action

## 3 Step Process to Manage Negativity

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### Step #1 Awareness of the Mind:

Before attempting steps to change thought patterns, what we think or feel in our mind, first of all, practice of **being aware of our thoughts** and beliefs. The awareness of what makes us feel or think the way we are. You become more self-aware by paying attention and becoming curious about your own experience in a **non-judgemental, non-resistance** and non-critical way. When you are aware of what makes you behave in a certain way – what you think and behave as you go through the negative experience, you can then start to apply tools to create a more resourceful experience.

Practicing mindfulness has a deep impact in our life. When we can tune in to our inner beliefs and awareness of what is happening **in the now**, in full focus of ourselves and our being, we get to “see” more insights into why things are happening. This takes practice. For example, say you feel anxiety and fear standing up and speaking in public, practice “catching yourself” when it happens, breathe deeply and without judging, ask the question inside you – “why are you shivering? what is it that you are afraid of?” **Listen for the inner voice**, on the messages that come up. Do not expect to hear them on the first try, also do not be surprised as you keep doing this, one day you hear a voice or message, giving you the hint to the next puzzle to unfold.

#### **Practice being a “Watcher”**

When you are able to intercept your thoughts and behaviour during a negative or challenging experience, visualize a split body of you getting out of your body and just observe how you behave to the thoughts you think. How you cry, confused, or become angry – just observe without judgement. You may be tempted to comfort or confront your other self, do what it comes up and not resist, but observe and take notice.

By being non-resistance, it means to allow our thoughts to flow and not reprimand ourselves with “I shouldn’t...” or “I should be...”, “I can’t be ...” or “I have to be...”.

This is the first step towards change. The more we resist, the more difficult it is to embrace change.

### Step #2 Uncover What is Beneath, What is Truly You:

When we are not caught up in the vicious negative thoughts and behaviour, we start to think and be in a more **resourceful** mode – asking questions of “What is it that I can learn from this?”. Do not expect answers to come right immediately. Sometimes it may take only an hour, at times a week to be able to see a different perspective – how the incident or negative experience allows you to learn something new, to realise what could be another option or path for you, and you’ll be soon thanking the person or event who has made you who you are and what could be possible for you.

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For example, one of the repeated negative thought patterns of mine was “I was not good enough for this...” – As I observe myself as a watcher, what are my behaviours when I think such thoughts, I realized I wasn’t in motion, just staying where I was, afraid of and not attempting to try anything and not open to any action. This made me “see” how unhelpful it is – what could happen if we just not take action? Nothing will happen!

This “**Stop & Being Aware**” allows me take further insights into putting the right beliefs into place – what made me think I was not good enough, who said it before? Do I really believe in it? Has anything happened that I was not good enough?

Doubting ourselves is questioning our belief. Ask instead, what do I truly believe in? Do I believe in it? Where are the evidence? What do I behave if I believe in it?

**I started writing it down a list** why I was not good enough ... the more I wrote the more I realised they were assumptions, and self sabotaging thoughts that have no proof. **With each limiting statements of why I was not good enough, I wrote next to it, “I could do ...”.** Soon I realise there could be possibilities.

As you **acknowledge the areas of limitations** and **making an intention to release it**, notice what comes up within you. If there is resistance still, do not judge yourself or resist the resistance (as in, saying “no I shouldn’t be doing this to myself”). So be it, and keep trying. Let’s move on to the 3<sup>rd</sup> step – of making positive intention to support this change, or rather I would say, it works more effective than negated statements like “I should not be ...” “Do not do this...” .

### #3 Create the Life You Want, Acting on it.

Learning something new about ourselves and then take it into action. What we have learnt and what we could be using the new information for.

**What you put your attention on grows.** Start with thinking in positive affirmations. Affirmations can be any statement you make. Too often we think in negative affirmations. Negative affirmations only create more of what you say you don’t want. Saying, “I hate my job,” will get you no where. Declaring, “I now welcome and accept a new change into a wonderful job into my life,” will open the channels in your consciousness to create that, it opens up the awareness to be open at new opportunities. And once again, reiterating the point that you are doing this non-judgemental, non-critical way – it is just a mindset shift, a shift into a different way of managing a situation.

“I accept the new experience and respect everyone in this challenging situation has their own life experience”.

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When we make an affirmation and intention how we want to move ahead, it sets into our subconscious mind and also allow us to feel if it resonates with our heart. When our heart and mind are aligned with the intention, the action starts to flow with ease.

With the intention we want to create, we could explore **visualisation** techniques, to further clarify and support our action. Very often, we think of many images in our head of the future or outcome we want, but they just keep flashing bits and pieces of it, and time passes we are still not there.

**Ways to support your intention:**

1. Put these visuals into what we call a **vision board**. But do it specifically and in focus – one subject only on a board. Say you want to work on a confident self, speaking in front of a crowd of people, print out images of a big group of people, a stage, you standing in front, and happy faces everywhere, hands applauding. Put this vision board where you can look at it every day, you will soon see yourself standing up tall, even practicing in front of your vision board, speaking to people. Notice that, when you put attention and awareness on it, you take control of your mind, you create productive actions to generate the result you want.

These images are also representing what you're most passionate about as the more passionate and energetic you are about them, the more likely they are to become a reality.

2. Write down your intention and goals and **chunk it down** to the tasks that you can do right now, today. This helps to realise what you intent to be and have is not so far-fetched, it is possible with steps that you can do right now.

Every single step counts and living each moment knowing we are on the path we want to be, motivates us along the journey.

3. **Re-program your mind** with your new intentions on the desired time-frame. The 30minutes before you sleep is the best time to tell yourself the things that could encourage you. You are in a more relaxed state of mind and these thoughts during this time frame gets imprinted into your subconscious mind deeper. Say your positive affirmations, what you believe in, and what you are grateful for achieving the tasks for the day as you are in bed, closing your eyes.

As you wake up each morning, make affirmations about the intention of what you want to be and do for the day, energising yourself for the rest of the day.

**Sharing one of the negative experiences I had recently and how I came out of it using this 3-step process – <http://lingkulanko.com/how-to-get-yourself-out-of-negative-experience-and-back-to-motivated/>**

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**Only acting on it and trying them out, can give you more insights. I welcome you to write me your experience and any clarifications you'd like regarding this, email at: [connect@lingkulanko.com](mailto:connect@lingkulanko.com)**

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