

**BREAKING FREE:
UNLEASHING THE POWER
OF MENTAL REFRAMING**

WITH MAKENZIE TIEGS





MaKenzie Tiegs



Objectives

Identify

Negative thoughts and learn to recognize and understand harmful patterns that hold you back.

Develop

Practical skills to turn negative thoughts into positive ones through mental reframing.

Embrace

A new way of thinking and discover the benefits of a growth mindset.

Implement

Practical tools for personal growth and gain actionable strategies.

1) Who has ever felt trapped in their mind?

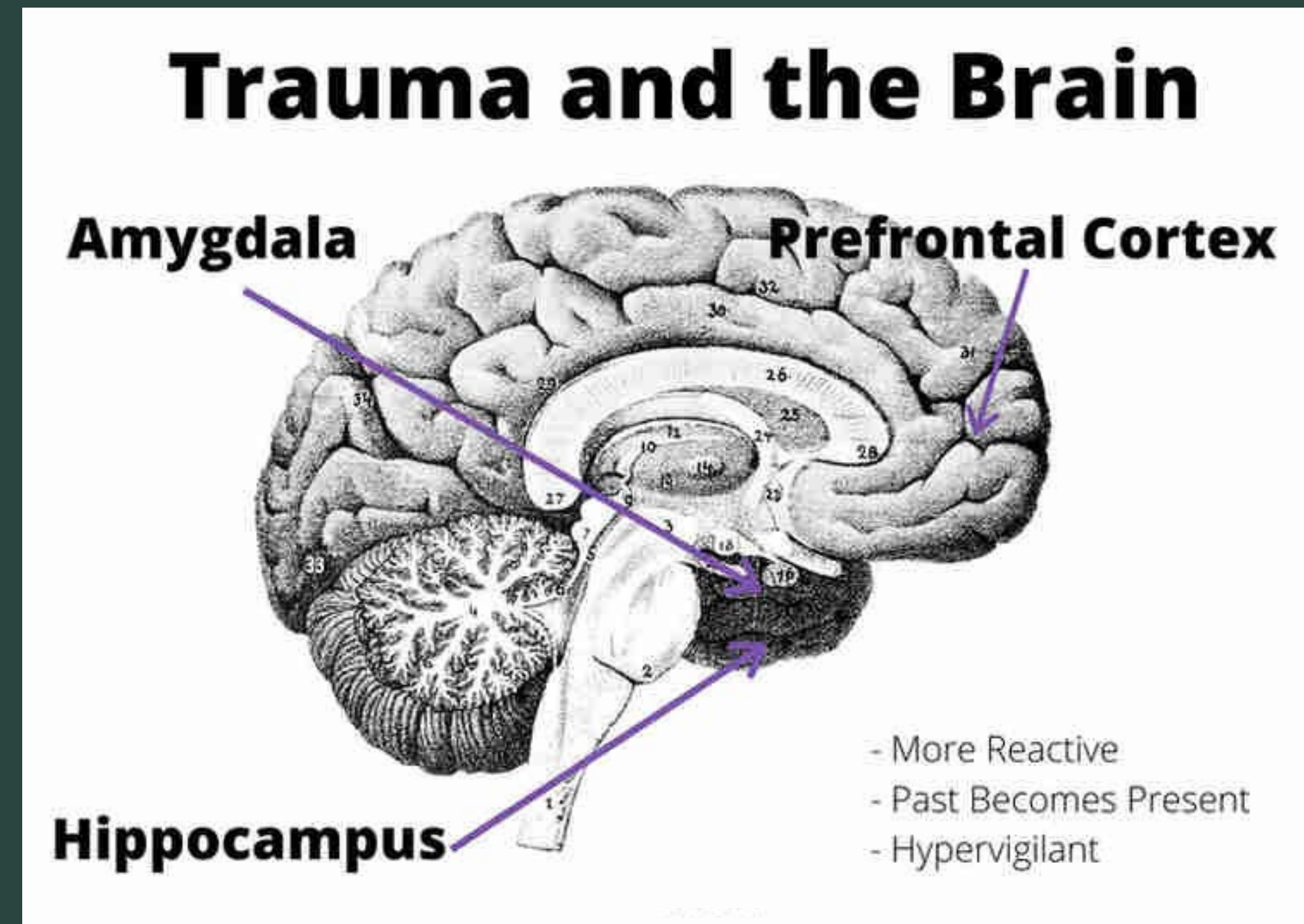
2) Who feels like they have more negative thoughts than positive ones?

3) Who feels like they know what to do when these thoughts arise?



Emotional Trauma To The Brain

- The amygdala is the part of the brain that processes and regulates emotions, particularly fear and anxiety. When you experience a traumatic event, the amygdala will become hyperactive.
- Trauma can influence the connections between the amygdala and other important brain regions. This can further disrupt emotional regulation.
- The hippocampus is a region of the brain that is involved in memory and emotion regulation. Trauma can change its structure and function.



HYPERAROUSAL

Use mindfulness,
grounding, Breath work

Overreactive, unclear thought,
Emotionally distressed

Can't calm down

WINDOW OF TOLERANCE

The body is in its optimal state, Can access both
reason and emotion, Mentally engaged

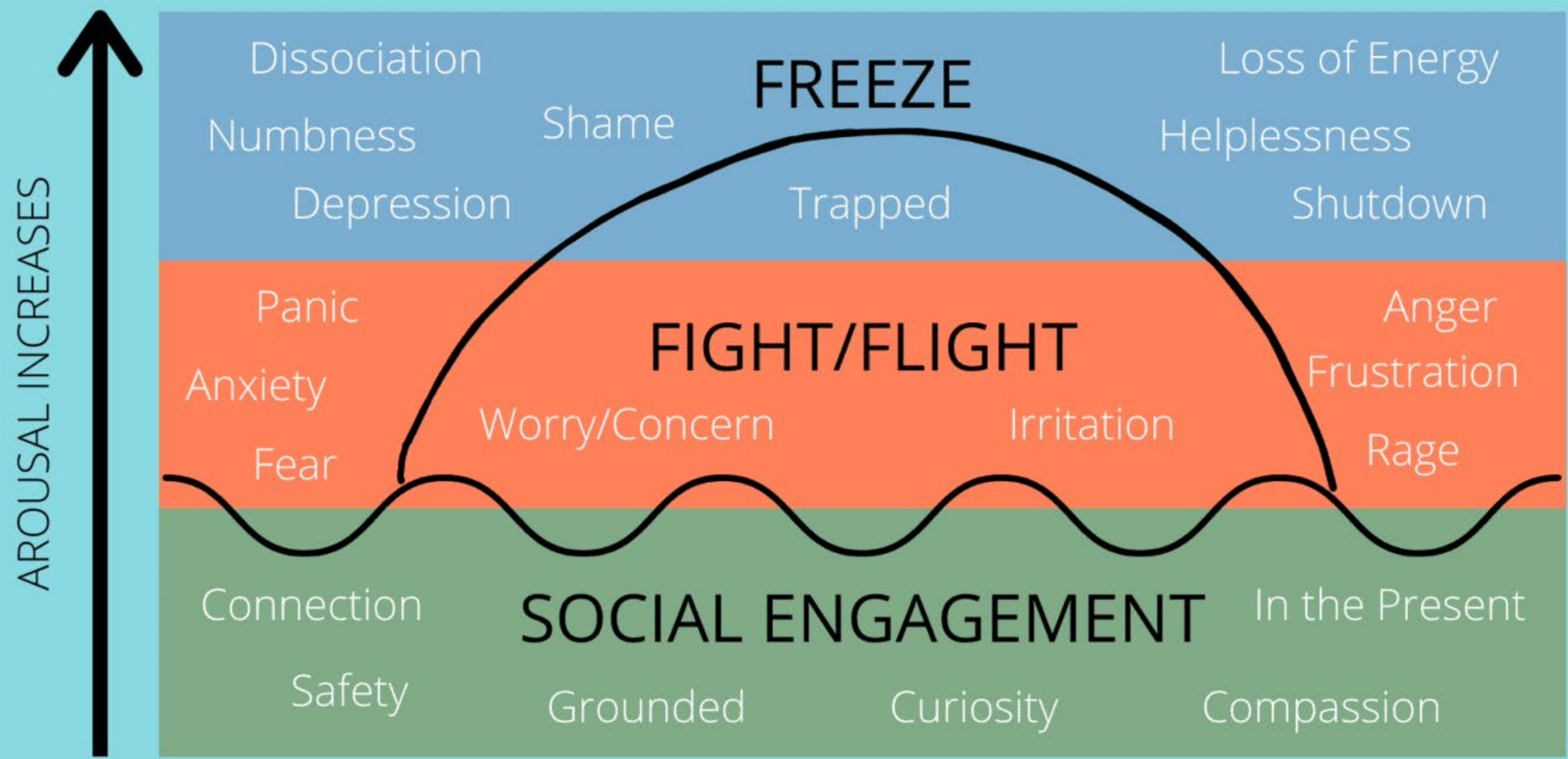
Shutting Down

Depressed, lethargic,
numb, unmotivated

Use mindfulness, breath work,
physical activity

HYPOAROUSAL

The Nervous System's Response to Toxic Stress



Negative Self Talk

- Becomes harmful when it becomes your primary way of talking to yourself
- Can worsen anxiety or depression
- Lowers your self esteem
- Influences your overall mental health and well - being

Questions

1) Would you allow others to fully hear what it is you tell yourself?

2) Would you tell your closest friends the things you say to yourself?

Mind Traps

- Negative self talk - “I am a loser” “I deserve this hell” “Im so fu*king stupid”
- Limiting beliefs - Believing as absolute truths with no evidence
“I am not good enough” “I dont deserve better” “Im too old or young”
- Why me? - Asking why you are always in the bad situations, always up for the toughest battles
- Catatrophizing - Making any situation seem worse than it really is. The worst things every will happen
- Should/Shouldn't - Blaming yourself for things, that lead to guilt, blame, shame, doubt, fear, and stress

Mind Traps

- Self - blame - Thinking everything is your fault, feeling of worthless, taking responsibility of others actions, criticizing past decisions, always apologizing
- Hopeless - Not seeing yourself any differently, your broken and this is just the way you will always be

Questions

- 1) How often are you in these patterns?
- 2) How loud are these thoughts lasting?
- 3) When do you notice these patterns happening?

Reframing

01

Recognize our inner critic, the stories, beliefs and words it is saying.

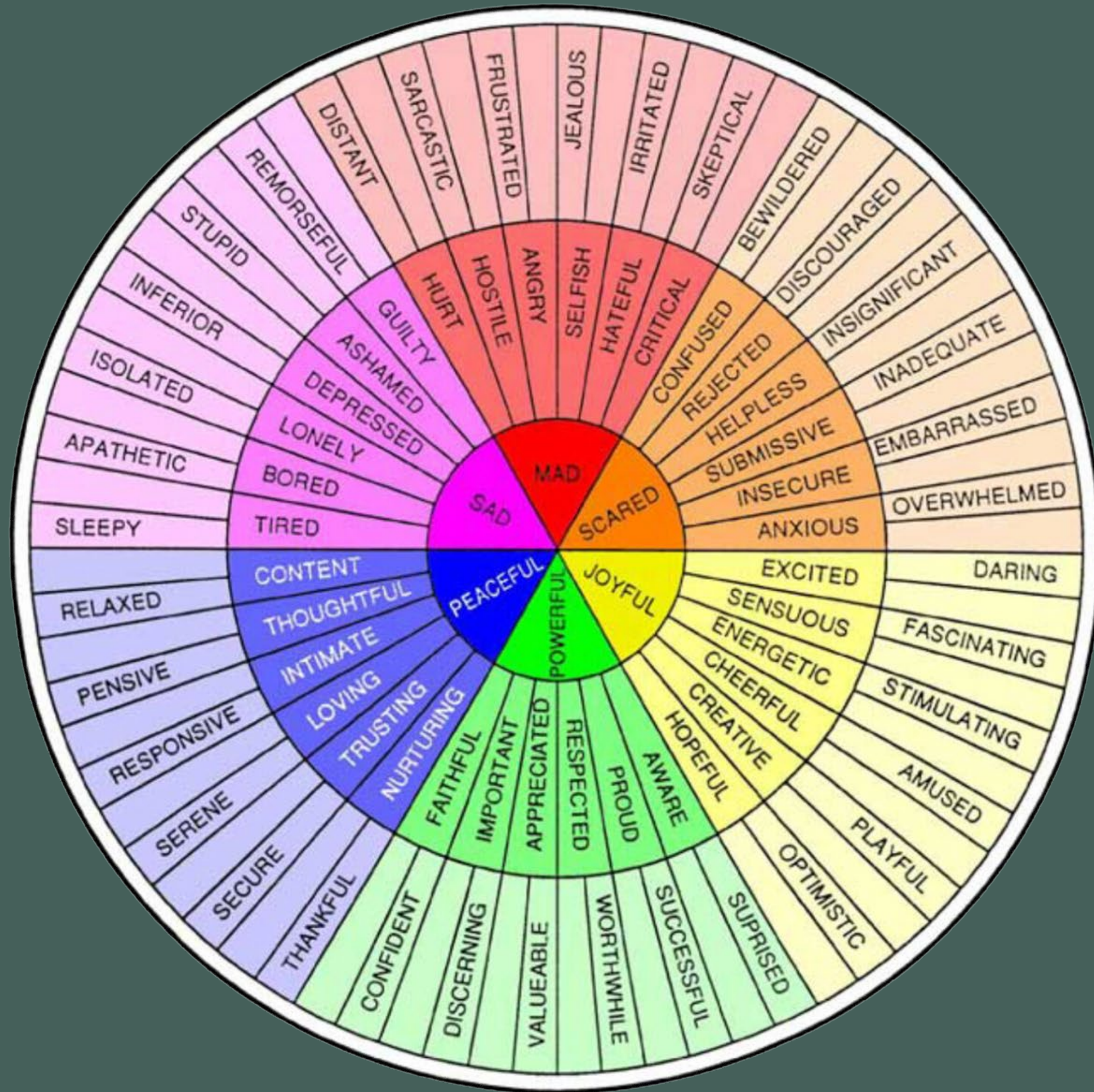
02

Focus on your strengths to overcoming these negative thought patterns

03

Take a new approach with a positive mind and healthier perspective

Who or What Situation	
The Cause (what happened)	
The Effect (the result)	
What did the event make you believe?	
The Damage	
My Part	
Feeling	
Beleif	
Silver Linging	



Affirmations

I am worthy

I am loveable

I am loved

I am powerful

I am supported

I am protected

I am fearless

I am brave

I am safe

I am wanted

I am beautiful

I am patient

I am compassionate

I am cherished

I am adored

I am healthy

I am kind

I am resilient

I am enough

I am abundant

I am joyful

I am talented

I am fun

I am loving

I am confident

I am grateful

I am free

I am peaceful

I am grounded

I am whole

I am unstoppable

I am creative

I am successful

I am learning

I am courageous

I am capable

I am a leader

I am happy

I am proud of myself

Positive Thinking

- Expecting the best - thinking that the best will occur versus the worst. What happens is what is meant to.
- Making the most of every situation - Finding the silver linings, lessons and teachings.
- Building resiliency - Not only being adaptable, but increasing in window of tolerance in combinations to boundaries.
- Practice meditation - doing the work takes being intentional, consistent and repetition, an amazing tool to clear the negativity.
- Journaling - Get it out of your head and onto paper, this allows you to subjectively look at your thoughts.

4 G's

- Grit - Combination of passion and persistence to achieve a goal or outcome despite the difficulty and challenge.
- Grace - The act of showing yourself and others kindness and understanding. Acknowledging your emotions and feelings are valid.
- Gratitude - A strong feeling of appreciation and thankfulness for the good things in your life no matter how small they are.
- Grounding - A self-soothing skill to bring you back to the present moment and helps you reorient yourself to the here and now reality.

THANK

FOR INVESTING IN YOUR MENTAL WELLNESS

YOU!



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