



Day 3 : Rewire Your Brain To Release Negative Emotions

Welcome to Day 3 of The Heal Your Past & Transform Your Future Experience!

If you didn't catch Day 1 or Day 2 yet, please [CLICK HERE](#) to watch the replay.

Today, in Day 3 of the Heal Your Past Experience, you are going to learn how the past is the reason your holding on to sadness, anxiety, anger, resentments and may even be the reason for crappy habits like overeating, overdrinking, procrastination, indecision and more.

Ready??

Best In Love & Healing,
Valerie Kolick, M.A.
[#healyourpastexperience](#)

The Three Emotional Truths

"You can't experience true change and transform because you're in cruise control. It's time to get back in the driver's seat!"

#1: All Of Your Negative Emotions Are Protecting You From Past Hurts

If you want to change your negative emotions, then you need to heal your past. Healing your past tells your brain that you no longer need the anxiety, stress, anger, fatty foods, or sadness to protect you.

#2: Emotions Are Directly Related To Our Thoughts (which come from our past experiences)

Thoughts is just stuff you make up in your head based on your past experiences and knowledge. These thoughts though tell your body what emotion to feel. So, stop giving your thoughts so much power!

Here are 6 questions to start asking when you're having a thought that's causing fear, anger, anxiety, or any other sabotaging behavior:

- 1) Why do you believe this thought? What evidence do you have it's true?
- 2) Are they really true in all circumstances?
- 3) How are the thoughts hurting you?

4) How would your life be better or different if you weren't having these thoughts?

5) Could another/different thought be more helpful for you?

6) Now - you replace that thought with this new thought - rinse and repeat - rinse and repeat.

#3: Emotions Are Just Vibrating Energy In Your Body

Want to change your emotions - then release the negative energy and recharge with positive energy. Forgiveness and healing is the fastest, long-lasting way to do this!

