



# P.U.R.G.E.

## *The Best Method To Stop Negative*

### *Thoughts*

**P:** **Process**  
Processing anything requires mindfulness. Take 5 minutes of the day, to center yourself in the quiet.

### **Unpack**

**U:** After you process by centering yourself, it's time to unpack your thoughts with God. Get to the bottom of your negative thoughts by asking yourself what, when, how, and why they have come in.

### **Release and Reframe**

**R:** It's now time to release and reframe. Releasing it over to God is simply giving the situation to him completely and leaving it with Him. Reframing is asking God to show you what He sees.

### **Give**

**G:** The step of giving will require you to feed yourself with the things that you are worthy of. Fill up on God's word, positive self-talk, movies/tv shows/music that add to you, and removing yourself from negative people. Give yourself what you deserve.

### **Emergence**

**E:** By processing, unpacking, releasing, reframing, and giving; you are emerging! When negative thoughts play in your mind, speak back to them out loud with the truth.