

WHAT TO DO WITH TROUBLING OR UNWANTED THOUGHTS



**A GUIDE TO ACKNOWLEDGE
AND RELEASE**

ACKNOWLEDGING AND MAKING A CHOICE

01.

A THOUGHT IS NOT A SENTENCE

Not every thought has the same weight. The brain is constantly firing off random patterns — many of which are never acted on. **A thought becomes powerful when it's repeated, emotionally charged, and believed.** Knowing this helps you relax: not every passing worry is shaping your life.

FOCUS ON VIBRATION NOT PERFECTION

02.

Instead of trying to stop all unwanted thoughts, aim to **spend more time with thoughts and feelings that lift you.** Think of it like a radio, change the dial until you find a good song.

03.

PRACTICE SELF COMPASSION

Fear often comes from the pressure to get it all right. **Growth is about noticing, learning, and choosing again.** Each time you return to calm, even for a moment, you're rewiring your brain toward safety and trust.

LET FAITH HOLD SPACE

04.

If you believe in God or a higher design, you don't have to carry the full burden of your thoughts. **Part of faith is trust: that there's a bigger order at work,** and one fearful thought cannot undo it. When fear rises, try whispering: *"This thought is not bigger than God's design."*

05.

USE GENTLE INTERRUPTS

When a fearful thought pops in, don't fight it. **Fighting often strengthens it.** Instead, notice it, name it (*"ah, that's a fear thought"*), and gently shift.

PRACTICES THAT HELP

06.

Breath reset: Take one slow inhale and exhale.

Replacement thought: Swap *"What if everything goes wrong?"* with *"What if this works out better than I expect?"*

Curiosity lens: Ask *"What is this thought trying to teach me?"*



WHAT'S BEHIND THE THOUGHT?

01.



FEAR
is about
Safety

Fearful thoughts are the mind's way of scanning for danger or loss. Even if there's no real threat, fear can still show up to keep you alert.

- Message: **"What if something bad happens?"**
- Helpful Question: **"Is there real danger right now, or is this my mind imagining it?"**
- Alternative Thought: **"In this moment, I am safe. I can face challenges as they come, not before."**

02.



ANXIETY
is about the
Future

Anxiety tends to focus on what might happen. It spins "what if" stories about things that haven't occurred, making you feel unsafe in the present moment.

- Message: **"What if this goes wrong?"**
- Helpful Question: **"Am I living in the future instead of the present?"**
- Alternative Thought: **"The future isn't here yet. Right now, I can take one small step forward."**

03.



ANGER
is about
Boundaries

Anger points to a feeling that something is unfair, crossed, or disrespected. While it can feel sharp, anger is also a clue to where you need clarity or protection.

- Message: **"This isn't fair."**
- Helpful Question: **"What boundary of mine needs attention or protection?"**
- Alternative Thought: **"My anger shows me where something matters. I can respond seeking clarity, not just reaction."**

04.



SADNESS
is about
Loss/longing

Sad thoughts usually come when you've lost something—or when you imagine a life you wish you had. They highlight where your heart needs comfort.

- Message: **"Something important is missing."**
- Helpful Question: **"What is this sadness asking me to honor or release?"**
- Alternative Thought: **"It's okay to feel loss. This feeling means I cared deeply—and caring is a strength."**

WHAT'S BEHIND THE THOUGHT?

05.



GUILT
is about
responsibility

Guilt shows up when you believe you did something wrong or hurt someone. It's your mind's way of saying, "Can I make this right?"

- Message: **"I did something wrong."**
- Helpful Question: **"What part of this can I make right, and what do I need to forgive in myself?"**
- Alternative Thought: **"I can learn from this and choose differently next time. Growth matters more than perfection."**

06.



SHAME
is about
identity

Unlike guilt (which is about actions) shame says there is something wrong with me. It pulls you inward, but naming it can help you step out of its grip.

- Message: **"There's something wrong with me."**
- Helpful Question: **"Am I judging who I am instead of what I did?"**
- Alternative Thought: **"I am worthy and valuable as I am. My mistakes do not define me."**

07.



HOPE
is about
possibility

Hopeful thoughts lift your eyes to what could be. They carry lightness and encouragement, even in hard times, reminding you of paths not yet seen.

- Message: **"Something better could be ahead."**
- Helpful Question: **"How can I nurture this hope into action?"**
- Alternative Thought: **"Every day brings a chance for something new. I can create possibilities one at a time."**

#



Practice Tip

When a heavy thought comes, name the type (fear, anger, etc.). Ask the helpful question, and then say the alternative thought out loud or write it down. Naming it takes away some of its power and **shows you what it's really pointing toward**. From there, you can choose what to keep and what to release. Over time, this trains your mind to shift more naturally toward peace, clarity, and hope.

QUICK DAILY PRACTICE - AN UNWANTED THOUGHT OCCURS...

01.

NOTICE WITHOUT PANIC

- When a fearful or unwanted thought shows up, pause.
- Silently say: **“I see you.”**
- This names the thought without giving it power.

GROUND IN THE BODY

02.

- Place one hand on your chest.
- Take a slow inhale through the nose, then exhale through the mouth.
- Repeat 3 times, **until you feel your body soften.**

03.

ASK A GENTLE QUESTION

- Try: **“Is this thought helping me, or hurting me?”**
- Or: **“What’s the kindest way I can look at this right now?”**
- This moves your brain from fear into curiosity.

REPLACE WITH LIGHT

04.

- Create one **“rescue thought”** ahead of time—something simple and uplifting.
- Example: **“I am safe in this moment.”** or **“This thought is not the end of my story.”**
- **Repeat it whenever thoughts try to take over.**

05.

CLOSE WITH TRUST

- Whisper or write: **“This thought does not control me. I choose peace.”**
- Imagine letting the unwanted thought drift away, like a cloud dissolving.

PRACTICE TIP

06.

Imagine the thought as a passerby on the street. You notice it, but you don’t follow it.

Keep your “rescue thought” on a sticky note, phone reminder, or on a card so it’s easy to grab when needed.





Thought Change Worksheet

Fill this out whenever thoughts feel heavy. Each time you use it, you'll notice it gets easier to let go and move back into peace. Use it with a past thought or in the moment.

Step 1. Notice the Thought

The fearful or most unwanted thought I noticed was:

Step 2. Feel It in the Body (This is a way to discover where certain emotions reside.)

When I had this thought, I noticed in my body:

- ☐ Tight chest – holding my breath, shallow breathing
- ☐ Fast heartbeat – body on “alert” mode
- ☐ Stomach tension – knots, butterflies, or queasy feeling
- ☐ Heavy shoulders – carrying a weight or burden
- ☐ Other: _____

Note: **These are signals, not problems.** Your body is simply telling you, “*I noticed something.*” Once you name the feeling, you create space to shift it. Revisit pages 2 and 3 “What’s Behind the Thought” to see what emotions might be triggered.

Step 3. Ask a Gentle Question

Is this thought helping me or hurting me?

What’s the kindest way I can look at this right now?

Step 4. Replace With Light

My rescue thought (a kind, safe statement I choose) is:

Step 5. Close With Trust

One word I choose to carry forward is: _____

Signature of trust:

THANK YOU!



Dr. Loretta Tolliver

LET'S CONNECT

You have just taken a step towards more presence!

The thoughts we carry every moment of everyday can be beautiful and filled with joy. At times, they take us to a place of fear or concern. When you learn to live in the present moment more fully, you can see these thoughts differently, allowing those rooted in the past to stay there and those poised for the future to come when they are welcome. And those from fear or anxiety are dealt with lovingly and released.

The journey of living life from a place of presence gives you the freedom to detach from troublesome and unwanted thoughts and you see them for what they are...thoughts. And you are the thinker. You will get better with practice. Welcome! I'm here.

coach@lorettatolliver.com

www.lorettatolliver.com

Instagram: [@drlorettatolliver](https://www.instagram.com/drlorettatolliver)

LinkedIn: [@drlorettatolliver](https://www.linkedin.com/in/drlorettatolliver)

YouTube: [@drlorettatolliver](https://www.youtube.com/drlorettatolliver)

Get eBooks and tools on incorporating Quantum into your daily life.

“Your brain loves to replay old fears like reruns. Consciousness is the remote control. Change the channel.”