

Reaction Essay to “Thought-Stopping Exercise”  
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MGNT 3185, TR 07:30p.m-08:45p.m.

Before conducting the Thought-Stopping Exercise, I never realized how often and how easy it was for me and others to think and speak negatively. It seems that many of us are conditioned to speak negatively before we say something positive. We often do not realize that these negative thoughts easily become reality and find ourselves wondering why we always have negative outcomes in life. Negative thoughts also have the power to send an individual into a state of depression if they do not learn how to control them.

When I first entered the cafeteria to eat dinner, the first negative thought I had was related to the food. I was thinking how the cafeteria food is always disgusting on Friday and how I really did not want to eat here tonight. Several of my friends said, "The cafeteria food is always horrible on Friday nights! These people cannot cook!" To my surprise the food was actually better than I had expected. When we left the cafeteria I thought to myself how if I had stuck with my thoughts on not going into the cafeteria based on my assumptions that the food would be disgusting, I would have easily had to purchase food or I would have simply not ate.

After going to the computer lab, I realized how easy it was for negative thoughts to occur in this environment. When I first walked in two guys were walking out one guy said, "These computers are horrible!" The other responded by saying, "I couldn't finish my work so now my teacher going to give me an F!" These guys were obviously working on a last minute project and did not have time to complete their project so they spoke negatively about the computer and professor. When I went into the Tiger Diner to eat lunch, I heard several more negative comments about the service. A student said, "They work so slowly here! I wish they would hurry up with my food!" Another student said, "Savannah State always messing with people money, I still haven't received my refund!" There were many situations where I could have added a negative comment to their comment, but I tried to take their negative comment and convert it into something positive.

Negative thoughts and comments are what fuel many people's lives. These thoughts and comments are controlling and can easily place you in a bad mood or ruin something that could be great if you allow them to. The Thought-Stopping Exercise allowed me to watch what I was thinking and saying so I could practice not letting negativity control my life. If more people participated in exercises similar to this one, people will be able to evaluate their comments and most likely be less stressed with a positive outlook on life. I will continue to work on refraining from thinking and speaking negatively.

## **Appendix A (Negative thoughts I heard)**

“The cafeteria food is always horrible on Friday nights! These people cannot cook!”

-Friend

“These computers are horrible!”

-Male #1

“I couldn’t finish my work so now my teacher going to give me an F!”

-Male #2

“They work so slowly here! I wish they would hurry up with my food!”

-Student

“Savannah State always messing with people money, I still haven’t received my refund”

-Student