



3 DAY

N e g a t i v e

THINKING

DETOX

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A simple 3-day reset to help you become aware of negative thinking, question the stories your mind creates and consciously shift toward more balanced and empowering thoughts.

Day 01 **Catch the Thought**

Today, don't try to change anything. Simply notice. Whenever you catch yourself feeling worried, discouraged, irritated or not good enough, pause and ask:
"What am I telling myself right now?"

Write down 3 negative thoughts you noticed today. Then ask: "Is this a fact or is it my interpretation?"



Reminder

You can't change a thought you haven't noticed.

Day 02 **Question the Story**

Choose one negative thought from yesterday and explore it.

Ask yourself: "Is this thought 100% true? "

What evidence supports it?

What evidence challenges it?

Am I assuming the worst?

What would I say to someone I love if they had this thought?

Then complete: "Maybe there is another way to see this..."



Reminder

Not every thought deserves to be believed.

Day 03 **Choose a New Thought**

Take the thought you explored yesterday and consciously reframe it. The goal isn't forced positivity, it's finding something realistic, supportive and empowering.

For example:

"I always mess things up." → "I make mistakes, but I can learn and do things differently."

Now write your own:

Old thought:

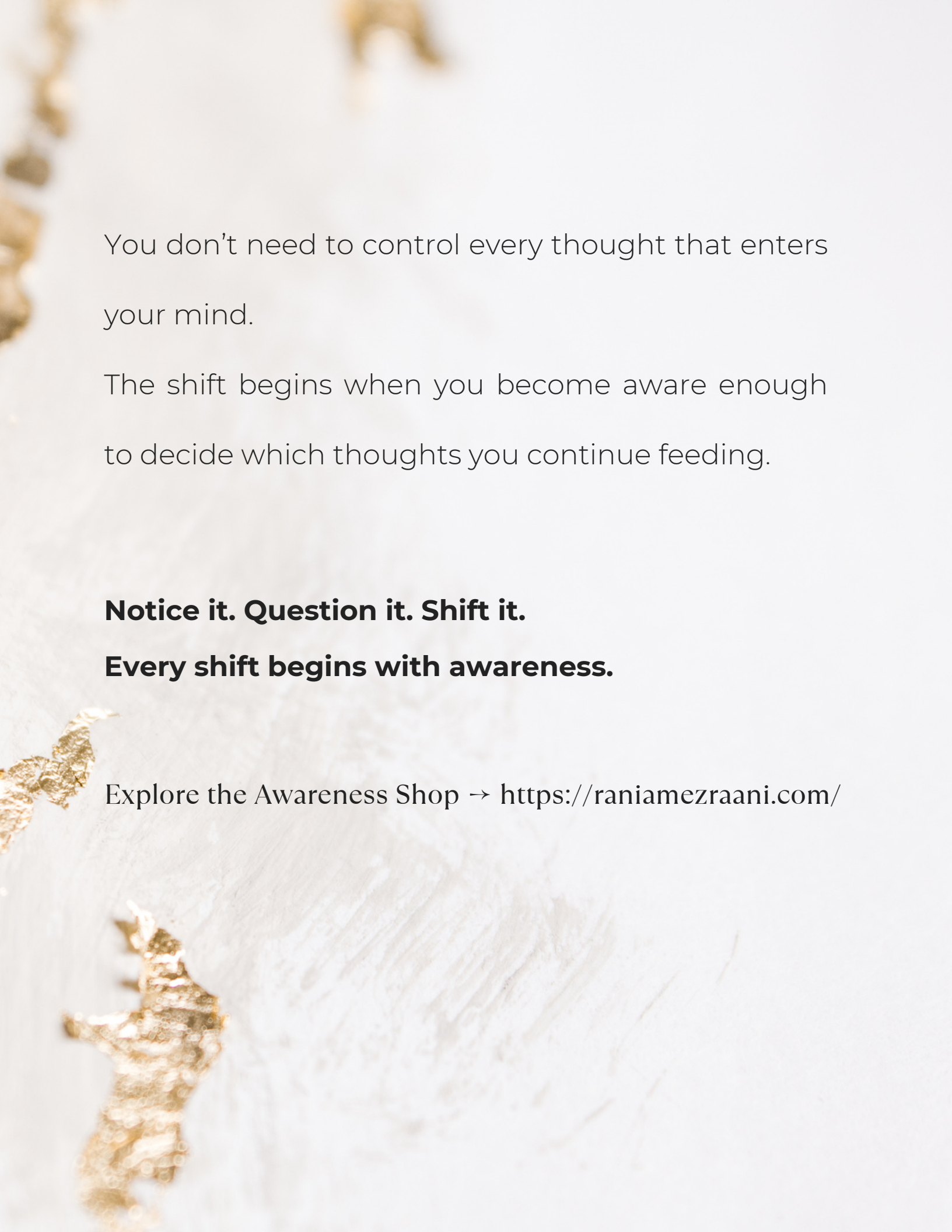
New thought:

One small action I can take from this new mindset:



Reminder

A different thought can create a different choice and a different direction.



You don't need to control every thought that enters your mind.

The shift begins when you become aware enough to decide which thoughts you continue feeding.

Notice it. Question it. Shift it.

Every shift begins with awareness.

Explore the Awareness Shop → <https://raniamezraani.com/>