

# Mind Shift: Stop Letting Negativity Pick Your Mental Décor



*A mind shift starts with one small choice — opening a window to let more light in.*

## Mind Shift

A mind shift from negativity isn't a luxury — it's how you take back the keys to your own head.

**Mind Shift:** Your mind is a home. What you dwell on becomes the décor. Fill it with gratitude, hope, and joy. Because dwelling on the negative? That makes for a miserable dwelling. So name one good thing — just one. Feel that shift? That's your mind opening the windows to more light.

—Tony Brigmon | *Note to Self Chronicles* | [TonyBrigmon.com](http://TonyBrigmon.com)

That's not a fluffy poster. That's a blueprint.

Because most of us forgot something: we get a vote in what we dwell on. Our thoughts don't have to run the show. And the mental home we're living in right now? We built it — thought by thought, habit by habit.

The good news? We can fix it up.

## **Your Brain Is a Hoarder (And That's Not Your Fault)**

Before we talk about changing the décor, it helps to understand why the place got so cluttered.

Your brain has a built-in bias toward bad news — and that's not a personal flaw. It kept our early ancestors alive. The problem is your brain can't tell the difference between a real threat and a passive-aggressive email from someone in accounting.

So it treats both like emergencies. As a result, both get filed in the "dwell on this forever" cabinet.

Think about the last time you felt a Smoke Alarm Shuffle kick in. Every worry, every regret, every worst-case thought, and that one weird moment from third grade — all of it starts blaring at once. No real fire. Just noise.

Because your brain defaults to threat mode, it flags the scary stuff first. The good stuff, though? Buried in spam.

That's exactly why a mind shift from negativity isn't optional. Not if you want to enjoy living in the home between your ears.

## **What You Dwell On Becomes the Décor**

The quote says it plainly: what you dwell on becomes the décor.

So take a look around your mental living room. What's hanging on the walls?

We've all got a little Ruminator Ron inside us — that inner voice that replays a mistake on loop until you've worn yourself out. Ron thinks that if he obsesses long enough, you'll never mess up again.

Spoiler: Ron is wrong.

All that dwelling does is turn your mind into a museum of your worst moments. Museums are great for a visit, but nobody should live there.

There's a real difference between working through something and marinating in it. Working through it sounds like: *"That hurt. I need to feel this, learn from it, and decide what comes next."*

Marinating, on the other hand, sounds like replaying the same painful moment 73 times, writing the perfect comeback you'll never say, and redecorating your entire mental living room around one bad afternoon.

You're allowed to feel it all. Still, you're not required to frame it and hang it on every wall.

## **Fill It With Gratitude, Hope, and Joy — Here's What That Really Means**

This is the part where people roll their eyes.

"So I'm just supposed to think happy thoughts and pretend my problems don't exist?"

Nope. That's not what this is.

Filling your mind with gratitude, hope, and joy isn't about denial. Instead, it's about balance — the mental version of cracking a window in a room that's gotten too stuffy. The hard stuff is still there, but you choose not to let it be the only thing with a permanent address.

Think about the last time your brain felt like a Roundabout Reboot — spinning through the same worries, same regrets, going nowhere. Naming one good thing doesn't stop the spin. But it does give you an exit ramp.

That's not toxic positivity. That's agency. In other words, that's a mind shift from negativity doing its job.

## **Name One Good Thing — Meet Reframe Rita**

This is where the mind shift gets hands-on.

Reframe Rita isn't always chipper. She's not skipping through a field while ignoring real problems. Instead, Rita is simply the part of you that notices: *the hard thing is real AND something worth holding onto is also real.*

That AND is the whole game.

Think about the last time you were worn out, buried, or just done. Now think about the moment something small cut through — a text from a friend, a parking spot right up front, or the fact that your dog exists and is just the best.

Feel that tiny shift? That's not magic. That's your brain getting a new data point. So yes — that's a genuine mind shift from negativity right there, not erasing the hard stuff, but making room for something else to exist alongside it.

The quote asks you to name one good thing. Just one. Not a list. Not a journal with seventeen entries. One honest thing, right now.

That's the practice. And it works because you're not skipping the hard stuff — you're just refusing to let it be the only thing on the menu.

## You Still Get a Vote

Here's what the quote is really pointing at: you're not in charge of every thought that shows up. You are, however, in charge of which ones get a permanent parking spot.

Bad things happen. Painful memories are real. Struggles deserve space. But when you let negativity be the only wallpaper in your mental home, you're not honoring your pain — you're just making yourself miserable in a place you can never leave.

Gratitude, hope, and joy aren't extras. They're you deciding — even when life feels out of control — that you still get a say. You still get to choose whether the hard stuff is one chapter in your story or the whole book.

Here's the bottom line: the negative stuff deserves space. It doesn't get to be the landlord.

Every time you try a mind shift from negativity, you're training yourself to notice when you've been camping in the worst room of your mental house — and giving yourself the green light to move.

Not to skip what hurts. Not to ignore what's hard. Just to remember that you have options, you have agency, and you have a vote.

And that vote? It changes everything.

**Note to Self:** Your mind is your home — and you are the one who decides what stays on the walls. Choose to dwell on at least one good thing today. That one shift opens the windows to more light.



*Choose one good thing to dwell on today — and feel your mental home start to breathe again.*

What's one thing you should START, STOP, or CONTINUE doing? Do it! You'll be glad you did.

**Now go smile and wave and make someone's day!**

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