

## DAY 13 | HOW TOXIC THINKING CREATES TOXIC EMOTIONS

"For as he thinketh in his heart, so is he." — Proverbs 23:7 (KJV)

"Those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts..." — Matthew 15:18–19 (KJV)

Proverbs 23:7 contains one of the most powerful statements ever made about the relationship between thought and identity: 'For as he thinketh in his heart, so is he.' You are not what your circumstances have produced. You are not what others have said about you. You are what lives in the deep habituation of your thought life and that thought life generates your emotional world.

Dr. Caroline Leaf's research arrives at a striking conclusion: up to 75–98% of mental, physical, and behavioural illness originates in our thought life. She further discovered through the pioneering work of the Institute of HeartMath that thinking and feeling anger, fear, and frustration actually changed the shape of DNA, causing it to tighten and switch off healthy codes. Toxic thinking is not merely psychological it is epigenetically destructive.

Dr. Daniel Amen puts it with characteristic clarity: 'Every time you have a thought, your brain releases chemicals. Every bad thought releases chemicals that make you feel bad. Every good thought releases chemicals that make you feel good.' The emotion is not the beginning of the chain. It is the product and the thought that produced it was built by what you heard and what you saw.

This is why Matthew 15:18–19 connects the heart's content so directly to the life's output: 'Those things which proceed out of the mouth come forth from the heart; and they defile the man.' The toxic thought tree, rooted in the nonconscious mind, eventually bears fruit in your emotions, your words, your relationships, and your health. Detoxing the emotions always begins with detoxing the thoughts.

### WHAT THE EXPERTS SAY

"Research shows that 75 to 98 percent of mental, physical, and behavioral illness comes from one's thought life." — Dr. Caroline Leaf, *Switch On Your Brain*

"Every time you have a thought, your brain releases chemicals. Every bad thought releases chemicals that make you feel bad. Every good thought releases chemicals that make you feel good." — Dr. Daniel Amen, *Change Your Brain, Change Your Life*



**38 DAYS TO DETOX  
NEGATIVE EMOTIONS**

## PRAYER POINTS

1. Father, I take full responsibility for the thought life I have been maintaining. I repent of mental habits that have produced toxic emotional fruit.
2. Holy Spirit, uproot every toxic thought tree in my nonconscious mind every root of fear, inadequacy, bitterness, and unbelief.
3. I declare a change in the chemical environment of my brain and body today. I choose thoughts that release life, not death peace, not cortisol faith, not fear.
4. Let the mind of Christ dwell in me richly, producing thoughts that align with Philippians 4:8 and releasing corresponding emotions of life and well-being, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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