

POSITIVE THINKING

Positive thinking is a mental attitude in which you expect good and favorable results. In other words, positive thinking is the process of creating thoughts that create and transform energy into reality. A positive mind waits for happiness, health and a happy ending in any situation.

More people become attracted to this notion, a good evidence is the increasingly courses and books about it. Positive thinking is gaining popularity among us. More and more successful people will tell you that they got where they are now because they made a lifestyle around positive thinking. A person that faces life with a positive attitude will always be more successful in life both professionally and personally, than a person that cannot take control of his thoughts.

It is increasingly common to hear people say: “Think positive!” to a person which is sad and worried. Unfortunately, many people do not take seriously this urge. How many people do you know who sit and reflect on positive thinking and meaning of it?

Benefits of positive thinking

These are just some of the benefits of positive thinking:

- Reduces daily stress
- You get a better health
- A strong confidence
- Live a longer life
- Live a happier life
- You will have more friends
- Better management of important decisions.. and the list goes on.

How you apply positive thinking

Changing everything you've learned in a life is not easy, imposing a positive thinking starting today thinking that that this will attract positive things in your life is not that simple. To change these negative patterns, there are some techniques

1. Use positive words when talking. If you constantly say "I cannot" you could convince yourself that it's true. Replace negative words with positive ones. Tell yourself that you do everything possible to have a happy relationship, tell yourself that you do everything possible to have a brilliant career, tell yourself that you do everything possible to keep you in shape.

2. Remove all the feelings that are not positive! Do not let negative thoughts and feelings conquer when you have a bad mood. Even if for a few hours a day, remove negativity and focus on the positive things in your life.

3. Use words that evoke strength and success. Fill your thoughts with words that make you feel strong, happy, having control over your life. Make an effort to focus on these words rather than the ones that suggest failure or incompetence.

4. Practice positive affirmations. One of the most common exercises for a positive thinking is positive affirmation. What does that mean? Start repeating a positive phrase like "I deserve to be happy" or "I deserve to be loved." Believing that these statements are true and repeating them always will impose a more positive opinion about your life.

5. Redirect your thoughts! This method used by psychotherapists helps you control your thoughts when you start to feel negative emotions like depression or anxiety. How can you do that? When you feel a such emotion taking hold on you start generating a happy mind, a positive image, something that makes you feel better to keep your negative feelings under control.

6. Start thinking you will succeed! Nothing compares with self confidence that creates a successful reality. Put your doubts aside and believe that you will succeed in meeting the objectives.

7. Analyze what went wrong. Positive thinking is not about denying that nothing can go wrong. Instead take the time to see what went wrong and what led to the current situation in order to avoid future mistakes and look forward more positive.

8. Forgive you! 're Always arguing for things that went wrong will not change anything. Tell yourself you are forgiven and allow you to move on.

9. Think of a failure as an opportunity. Sometimes the most negative things in our lives give us opportunities that we may not have seen otherwise. For example losing your job can be a good opportunity to open your own business or go back to school!

10. Working at your imagination / visualization. Visualizing what you want to achieve or the person you want to be can be a great motivation to take you there and make you think more positively about the distance that you have until the destination.

Don't forget:

WHAT YOU LIVE TODAY IS THE RESULT OF YOUR YESTERDAY'S THOUGHTS,
AND WHAT YOU WILL LIVE TOMORROW IS THE RESULT OF YOUR TODAY'S
THOUGHTS

NEGATIVE THINKING

Negative thinking refers to a pattern of thinking negatively about yourself and your surroundings. Negative thinking seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning. It could also be a symptom of a mental illness, including depression, anxiety disorders, personality disorders and schizophrenia."

Negative thinking is not innate or inborn. Nobody is innately a negative person. All are caught in somebody else's negativity. That may be from parents, colleagues, friends, relatives and teachers. So you learn the negativity from others. And this means you can break the negativity also

Types of negative thinking

Recognizing unhelpful thoughts as illogical and impermanent is an important first step to letting go of the stress they bring: Negative thinking is also known as cognitive distortions

Here we are looking at the most common cognitive distortions defined by Burns, along with examples of ways it may pop up in your life and work.

1. MENTAL FILTER.

This is a type of thinking in which people see only the negative instead of looking at all the positive or neutral aspects of an experience. You pick out a single negative detail and dwell on it.

For example; You may receive lots of positive comments about your presentation at work, but if one colleague says something mildly critical, you obsess about it for days.

2. ALL-OR-NOTHING LABELING.

Here you see things in black and white. Seeing things in only two categories, so they're either good or bad, black or white, with no shades of grey. These people have a belief that either we have to be perfect (perfectionism) or we're a complete and abject failure — there is no middle ground.

For example; If your boss says you did not meet expectations in a single category on your performance review, you label yourself as a "complete failure" at your job.

3. OVERGENERALIZATION.

This is believing something will always happen simply because it happened once. In this cognitive distortion, a person comes to a general conclusion based on a single incident or a single piece of evidence. If something bad happens just once, they expect it to happen over and over again. A person may see a single, unpleasant event as part of a never-ending pattern of defeat.

For instance, if a student gets a poor grade on one paper in one semester, they conclude they are a horrible student and should quit school.

4. DISCOUNTING THE POSITIVE

It's common practice for you to downplay positive experiences by telling yourself they don't count as a good thing in your life or experience. It is also called Minimizing- tendency to magnify the positive experiences of others while minimizing your own

For example: thinking that I did well on that one quiz, but I just got lucky. If you do a good job, you reason that anyone else on your team could have done just as well, so what does it even matter?

5. JUMPING TO CONCLUSIONS.

Interpreting things negatively without facts to support your conclusion is the hallmark of this mindset. No matter what, you predict things will turn out badly.

Before a crucial meeting, for example, you may tell yourself, "I'm really going to blow it."

6. EMOTIONAL REASONING.

It is a kind of believing that because you feel something it must be true, even when there's no evidence other than the feeling. you assume your negative emotions are proof of the way things really are

For example: I feel lonely, therefore no one likes me. Or: I feel afraid to go in an elevator, therefore elevators are dangerous places.

7. PERSONALIZATION AND BLAME.

This cognitive distortion causes stress when you hold yourself personally responsible for an event that isn't entirely under your control. They literally take virtually everything personally, even when something is not meant in that way. A person who experiences this kind of thinking will also compare themselves to others, trying to determine who is smarter, better looking, etc. A person engaging in personalization may also see themselves as the cause of some unhealthy external event that they were not responsible

For instance, when you've hit a bump in the road with a co-worker you think, "This is all my fault," instead of trying to pinpoint the cause of the problem.

8. LABELING

It means putting a negative label on yourself – or someone else –based upon situation specific behaviour- so that you no longer see the person behind the label. When you lock someone in place like that, your understanding becomes so rigid that there's no chance to see yourself or another person differently.

For example: I didn't have anything to say in that conversation. I'm totally uninteresting!

9. FORTUNE-TELLING

It is a kind of distortion that predicting something is going to turn out in a negative way. This can become a pessimistic way of viewing the future, and it can impact your behavior, making the event you're fortune-telling more likely to turn out badly.

For example: I know that I'm going to do horribly on that test (so you panic and perform less effectively on it).

10. MIND READING

Assuming that you know and understand what another person is thinking, and typically being sure it reflects poorly on you.

For example: I'm sure they don't like me. (In fact it might be that they're just distracted, or stressed about something unrelated to you and are having a hard time focusing.)

11. CATASTROPHIZING

(also called Magnification)

Taking a problem or something negative and blowing it up out of proportion. When a person engages in catastrophizing, they expect disaster to strike, no matter what. In this distortion, a person thinks problems as extreme difficult and imagine the absolute worst occurring.

For example: This party is going to be the worst experience ever! Or: If I don't get a base hit I'll die of embarrassment.

How to overcome negative thinking

1. Meditate or do yoga.

yoga took focus away from negative thoughts and brought attention to breath. Yoga is also very relaxing, which helped ease mind. Yoga will help to stay present to our experience so instead of jumping to what could happen, it brought us back to the now—the only moment, the most important moment.

2. Smile.

You literally had to bring yourself in front of a mirror and force yourself to smile. It really does help change your mood and relieve stress. You also felt lighter because it takes fewer muscles to smile than to frown.

3. Surround yourself with positive people.

When you're stuck in a negative spiral, talk to people who can put things into perspective and won't feed your negative thinking.

4. Change the tone of your thoughts from negative to positive.

For example, instead of thinking, "We are going to have a hard time adjusting to our living situation," think, "We will face some challenges in our living situation, but we will come up with solutions that we will both be happy with."

5. Don't play the victim. You create your life—take responsibility.

Even if our living situation becomes unbearable, there is always a way out. You will always have the choice to make change happen, if need be.

6. Help someone.

Take the focus away from you and do something nice for another person.

7. Remember that no one is perfect and let yourself move forward.

It's easy to dwell on your mistakes. The only thing you can do now is learn from your mistakes and move forward.

8. Sing.

When we sing, we show our feelings and this provides an amazing stress relief.

9. List five things that you are grateful for right now.

Being grateful helps appreciate what you already have. Here's my list: my cats, health, a six-week trip to Asia, a new yoga class that I'll be teaching, and for my mom's biopsy coming out clean.

10. Read positive quotes.

place Post-It notes with positive quotes on your computer, fridge door, and mirror as reminders to stay positive.

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny.

Happy positive thinking!

