



VEIL *of* CHANGE

Positive Thinking vs Negative Thinking

DISSOLVING THE VEIL OF OVERWHELM

Are You An Optimist or Pessimist?

The current trend for positive thinking is that it is the only way to be. Positive thinking lightens your spirit and makes you feel good.

It has been proven that positive thinking opens your mind to new and exciting thought patterns, and if those thoughts are put into action then your life will improve and you will ultimately achieve your goals.

Negative thinking on the other hand narrows the thinking process, closing the mind so you can almost say that the blinkers are on and nothing else can penetrate the view.

Negative thinking can bring your spirit down, make you feel lost, miserable and unable to feel capable of achieving anything in life.

Learning The Art of Balance

As with all things there needs to be a balance, a middle line to avoid the extremes, which can bring along great highs or great lows.

While it is unhealthy to have an extreme reliance on negative thoughts and the fact that 'negative' is narrow.

It is possible to identify some things that would not have been possible, if relying totally on positive thoughts alone.

Totally relying on positive thoughts, can also blind you to the negative aspects that could also be in play.

An example being out of balance

As an example getting married is a happy and fulfilling time. Radiance abounds, families are happy, the couple are happy but after a few years the reality is sometimes not what was expected.

Personalities clash, arguments arise, what has changed? Probably nothing, it was just not recognised or seen before.

Allowing the negative aspect in can sometimes help to re-adjust the bigger picture into a more realistic event.

Recognise Outside Factors

Then allowances can be made, and plans put into place to cater for those possible scenarios that may take place. Recognition of outside factors can play a big part in establishing a balanced view.

Balancing Your Thinking

Positive thinking can allow your mind to grow and expand, throw in a few reasonable focused facts (negative thoughts?) and you will end up with a very balanced view of life.

It's the extreme of negativity that can cause:

Worries

Sadness

Anger

Living in fear - where bad events seem to outweigh anything good

The Negative Thinking Process

If you are a negative thinker then being told to just think positive thoughts can actually have a detrimental effect leaving you feeling even more pessimistic.

Learning to tolerate negative emotions to begin with will get you on track to get things done. Putting steps in place to help cope with any bad outcomes will help alleviate the "I told you so" attitude.

Being prepared can also take you a step closer to the feeling of a more positive outcome.

In all instances there is choice, there is choice on how you think – positive or negative.

Do you have Pessimistic Tendencies?

Some people are naturally pessimistic and thinking negatively is a way of life. Bad things are usually seen as permanent and far outweigh anything positive.

Your attitude and recognition of whether you are optimistic or pessimistic can bring about change.

Do you have Optimistic Tendencies?

Some people are naturally optimistic and thinking positively is a way of life, they will naturally choose their thoughts.

If there is a bad thing it is not usually seen as permanent and is something that can be fixed. A positive thinker will always look at all the options before making a decision.

It is important to know which group you belong to so you can implement the right changes for you.

Are you an Optimist?

If you are an Optimist you already see the world in a good light. Positive thinking will propel you forward.

Keeping a balance in your thought processes will help alleviate that “head in the clouds” feeling, keeping you happy but grounded and aware that it is attitude and choice that will keep you floating along in life.

Are you a Pessimist?

If you are a Pessimist then you tend to see the world in a more subdued light and effectively expect the worst.

Even taking the steps towards optimism can bring about fear, in all truth if you can find a way to thinking more positively then it will help in your overall outlook on life.

However you may need to put a plan in place to achieve that positive outlook.

You have a workbook – use it to:

Define your challenges

Are you an optimistic positive thinker?

Are you a negative pessimist?

Set Realistic Expectations

For pessimists, mastery is not achieved overnight

Keep your Eye On The Goal

Balance for Optimists

Safety Nets for Pessimists

One small step at a time, positive thinking does work, but if you need to put in a safety net, that's ok, your net will catch you.

If it does work then you have achieved your goal and are ready for more uplifting positive attitudes in your life.

For those very negative days try using a very simple but profound affirmation by using the words ***I AM***

Emile Coue, a French psychologist in the early 1920's, originally coined this quote

"I am better every day in every way"

Its simple, easy to remember and covers lot of ground.

