



THE POWER OF POSITIVE THINKING

Presented by:

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Reshaping Today's Workforce

MCMS MOORE COUNSELING &
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Wellness Points



- Question: What are some of the patterns of negative self-talk?

- Question: Which type of negative self-talk do you tend to use?
- Question: How can you reframe your negative self-talk?
- Is there a topic you would like us to present?
- Please send response to eap@moorecounseling.com to receive wellness points if you have been requested to show proof of participating in this webinar. Also, remember to include your name and name of employer in the email. Thank you for your participation!



Positive thinking defined

What It Is

- “The practice or result of concentrating one’s mind affirmatively on the good and constructive aspects of a matter so as to eliminate negative or destructive attitudes and emotions.” (Oxford Dictionaries.com)
- Positive thinking is the attitude of accepting into the mind thoughts, words, images and feelings that contribute to growth, success, and satisfactory outcome. It is a mental attitude that expects good and favorable results.

What It Is Continued

- With this frame of mind, you think good thoughts about yourself and about other people and envision a better future.
- Positive thinking looks for solutions, whereas negative thinking dwells on the problems and obstacles. (Adapted from:
<https://www.successconsciousness.com/blog/positive-attitude/what-is-positive-thinking/>)

What It Isn't

- Positive thinking should not be a mechanism for blaming others or yourself if life is difficult.
- Thinking positively doesn't mean you ignore structural inequalities or environmental circumstances that hold people back.
- Positive thinking doesn't mean that you are to blame if you are poor, lack friends, or are unacknowledged at work.



Origins of positive thinking

Philosophical Origins

- Epictetus (55-135 C.E.)

- Greek, Stoic philosopher

- Born a slave

- Believed that:

- *All external events are beyond our **control**;*

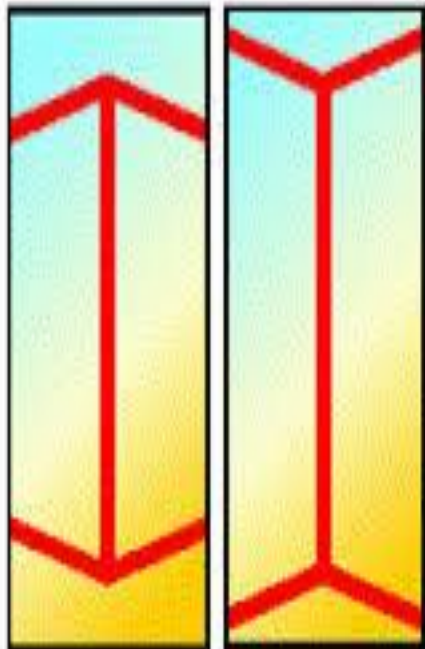
- *We should accept calmly and dispassionately whatever happens.*

- *Individuals are responsible for their own actions, which they can examine and control through rigorous self-discipline.*

Philosophical Origins

- Epictetus states, “Men are disturbed not by the things which happen, but by their opinions about the things.”
- It is not what happens to individuals, but rather how individuals perceive what happens to them, that determines their affect.
- For example: http://nautil.us/blog/12-mind_bending-perceptual-illusions

What do you see?



Scientific Origins

■ Quantum Physics

- Everything is energy, and this energy is everywhere – in space and in matter.
- There is no such thing as empty space—it is filled with energy.
- This “field” of energy is a field of all possibilities – until an observer measures it or focuses on it.
- Once focused on, we create our own reality.
- Physicists say there is no way to prove an objective reality because the observer always affects the outcome of the experiment.

Consider This

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." ~ Albert Einstein

FACT:

Quantum Physics prove that nothing is solid; It proves that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see. Our thoughts are linked to this invisible energy and they determine what the energy forms. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life.

Psychological Origins

■ Cognitive Behavioral Therapy

- Cognitive behavioral therapy (CBT) is a form of talking therapy which can be used to treat people with a wide range of mental health problems.
- CBT is based on the idea that how we think (cognition), how we feel (emotion) and how we act (behavior) all interact together.
- Specifically, our thoughts determine our feelings and our behavior.

How to accentuate
the positive

Identify Patterns of Negative Self-Talk/Cognitive Distortions

- **Magnification** is when we take our own errors or flaws and exaggerate them.
 - Often takes the form of *catastrophizing* when we take small negative events and turn them into disasters in our minds.
 - After mistaking someone's name at a cocktail party, we imagine: *Great, now they're going to think I'm not interested in them and don't care about anyone but myself.*
 - After feeling a small heart palpitation, we think: *Is something wrong with my heart? Am I having a heart attack? I need to get to the ER now!*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

■ **Mind reading** is assuming we understand what other people are thinking without any real evidence.

- We imagine what's going on in someone else's head, but we do it in a way that's biased and inaccurate. We imagine the negative without exploring different possibilities, some of which are bound to be neutral or even positive.
- When giving a presentation we notice the boss looking at her phone, so we assume in our minds: *She's so bored.* I knew I shouldn't have volunteered for this.
- Our spouse doesn't immediately say hello when we get home from work, so we assume: *He must be upset with me for something.*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

- **Overgeneralization** is the habit of telling ourselves that a negative event is bound to continue happening in the future.
 - We make predictions about the future based on isolated pieces of evidence from the present.
 - After being passed over for a new position at work, we think to ourselves: *I'll never get offered a promotion. I should just look for a new job.*
 - After being told that our flight was delayed, we comment in our mind: *Typical! My flights are always delayed.*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

- **Minimization** is the mirror image of Magnification and involves being dismissive of our strengths and positive qualities.
 - It keeps us in a cycle of feeling inferior because we never allow ourselves to benefit from true positive qualities and accomplishments.
 - After receiving a test back, we comment to ourselves: *Yeah, I got an A, but I missed the easiest question on the whole exam.*
 - After a congratulatory remark from our spouse after helping our child, we say to ourselves: *They probably would have figured it out on their own.*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

- **Black and white thinking** is the tendency to evaluate things exclusively in terms of extreme categories.
- It shows up most commonly when we evaluate our own personal qualities and characteristics this way.
- After getting a B- on an exam, we mutter to ourselves: *I'm such an idiot.*
- Thinking back on a recent date that seemed to go badly, we think: *Ugh... I'm so awkward!*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

- **Personalization** involves assuming excessive amounts of responsibility, especially for things that are mostly or entirely outside our control.
 - After our child makes a crucial mistake at the end of a basketball game, we think to ourselves: *If only I had practiced with her yesterday when she asked me to, she would have made that shot!*
 - When a supervisor points out an area for improvement in our work, we assume: *I'm such a screw-up. Why can't I just do things right!*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

■ **Fortune Telling** is the mental habit of predicting what will happen based on little or no real evidence.

- When our mind throws a negative outcome or worst-case scenario at us, we “go with that” and tell ourselves that that’s what will happen.
- After a date that finished quickly, we say to ourselves: *There’s no way she’s going to call me again.*
- After walking out of a meeting, we predict: *They hated it (Mind Reading); There’s no way they’re going to accept our proposal (Fortune Telling).*

Identify Patterns of Negative Self-Talk/Cognitive Distortions

■ **Labeling** is the habit of describing ourselves or others in one extreme way, usually negatively.


- Because people and their sense of self (including our own) are highly complex and ever-changing, Labeling is always an inaccurate oversimplification.
- After finishing a 5K with a slow time, we tell ourselves: *I'm a loser.*
- After a fight with our spouse, we tell ourselves: *He's such jerk.*

Identify Patterns of Negative Self-Talk/Cognitive Distortions


- **Should Statements** are a kind of self-talk we use to try and motivate ourselves by always telling ourselves what we *should* and *should not* do.
- When we're in the habit of using Should Statements, we set up a false expectation that we *should* have more certainty than we do. This can lead to chronic frustration, anxiety, and resentment.
- After missing an important call from our boss, we tell ourselves: *I should have known he was going to call about the Johnson account this evening.*
- *I just have to nail this performance!* we tell ourselves before going on stage.

The Technique of Reframing

- Reframing involves identifying our unhelpful thoughts and replacing them with more positive or adaptive ones.
- Reframing is seeing the current situation from a different perspective, which can be tremendously helpful in problem solving, decision making and learning.



NEGATIVE SELF-TALK	POSITIVE THINKING
I've never done it before.	
It's too complicated.	
I don't have the resources.	
I'm too lazy to get this done.	
There's no way it will work.	
It's too radical a change.	
No one bothers to communicate with me.	
I'm not going to get any better at this.	



NEGATIVE SELF-TALK	POSITIVE THINKING
I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	Necessity is the mother of inventions.
I'm too lazy to get this done.	I wasn't able to fit it into my schedule, but I can re-examine some priorities.
There's no way it will work.	I can try to make it work.
It's too radical a change.	Let's take a chance.
No one bothers to communicate with me.	I'll see if I can open the channels of communication.
I'm not going to get any better at this.	I'll give it another try.

Reframing For Those In Charge

– Shift from passive to active

- For example, if the other person said, “I really doubt that I can do anything about this,” you might respond, “What is one small step that you might take?”

– Shift from negative feeling to positive feeling

- For example, if the other person said, “I don’t want to work on that now because it makes me feel sad,” you might respond, “What small part of that might you work on for now, that might even leave you feeling a bit more happy?”

Reframing For Those In Charge

■ Shift from past to future

- For example, if the other person said, “I’ve never been good at public speaking,” you might respond, “If you imagined yourself to be successful at public speaking, how would you be speaking that would be successful?”

■ Shift from future to past

- For example, if the other person said, “I can’t seem to get started on achieving this goal,” you might respond, “Has there been a time in the past when you achieved a goal and, if so, what did you do back then to be successful? How might you use that approach now?”

Reframing For Those In Charge

■ Shift from others to oneself

- For example, if the other person said, “They don’t seem to like me,” you might respond, “What do you like about yourself?”

■ Shift from a liability to an asset

- For example, if the other person said, “I’m such a perfectionist,” you might respond, “How might being a perfectionist help in your job and life, though?”

Reframing For Those In Charge

- **Shift from victimization to empowerment**

- For example, if the other person said, “That always seems to happen to me,” you might respond, “Sometimes we even do that to ourselves. Perhaps it’d be useful to explore if you’re somehow doing that to yourself, too?”

Moving From Negative to Positive

■ Identify areas to change.

- Identify areas of your life that you usually think negatively about, whether it's work, your daily commute or a relationship.
- You can start small by focusing on one area to approach in a more positive way.

■ Check yourself.

- Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.

Moving From Negative to Positive

■ Be open to humor.

- Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

■ Follow a healthy lifestyle.

- Aim to exercise for about 30 minutes on most days. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.

Moving From Negative to Positive

- **Surround yourself with positive people.**

- Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

- **Practice positive self-talk & reframing**

- Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself.
- If a negative thought enters your mind, evaluate it rationally and then **reframe** the thought

Wellness Points



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THANK YOU!

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