First Steps Into Positivism

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Positive thoughts are the password for an emotional connection with yourself. You just need to learn how to sign in.

We can change our thoughts indirectly by changing how we think or do things. So, your task is to keep track of positive thoughts related to the pursuit of your goals. For example, "I have walked three miles today, and I feel good because it will help me lose some weight.

The first step is to determine if your negativity and inability to feel happy may be the cause of your depression. To do that, the most important task before you is to understand the nature of depression. Once you understand what depression is, in its entirety, you can keep track of your thoughts and actions and the level of your mood.

Reflection is the key here. You need to be aware of what you think and feel and why. Positive behavior and positive thinking trigger a more optimistic mood. On the other hand, negative thinking and punishing behaviors and pessimistic thinking cause negative attitudes. Even if you don't think it is necessary, or if you are afraid of what you might find out, your task is to think about some positive events and experiences and then to write at least one of them down. It can be very helpful to detect specific cognitive and behavioral difficulties, which individuals struggling with negativity are facing. Furthermore, learning how to apply more stable self-attributions can also be helpful.

For example, if you pass the test you have been preparing for and get an excellent grade, you might say, "It is probably because the test was easy," instead of thinking it was diligence and hard work. The correlation between mood, on the contrary, with thoughts and behaviors is usually inverse. People are often shocked by the daily fluctuations of their mood because it contrasts with their general personality traits that took them to that experience. However, an essential part of becoming happier is to take the time to care about yourself. For example, if you get only ten likes on your new Instagram selfie, you might be inclined to think that it is just your own.

We need to educate ourselves about the symptoms of depression, on an emotional, physical, cognitive, and behavioral level. We need to pay attention to specific activities that have affected our mood. Then distinguish the specific, helpful steps every day, so that you can improve your happiness levels over time. People tend to ignore everything positive that is happening in their lives, subconsciously. It can be very helpful to detect specific cognitive and behavioral difficulties, which individuals struggle with pessimism are facing. Furthermore, learning how to apply more stable self-attributions can also be helpful.

The goal here is to see how anyone fighting negativity can use certain techniques to their life. Positive behavior and positive thinking trigger a more optimistic mood. On the other hand, negative thinking and punishing behaviors and pessimistic thinking cause negative attitudes. Therefore, you will come to the conclusion how you can influence the way you feel, by making small, yet sustainable and realistic steps. What is more important, is making small, yet sustainable and realistic steps toward happiness.