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How to Become an Optimist

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Negativism is a widespread issue that many struggles with. Although, at first glance, it may seem like nothing more than a type of attitude, prolonged negativity can have detrimental effects on a person's physical and psychological health.

A few of the aspects of your life, which may suffer due to negativism, are your ability to connect with others, accomplish your goals and have a positive self-image. Luckily, nobody was born a pessimist. It is an outlook that we develop with time, and just like we have built it, we can also demolish it, to make way for positivism and a happier life.

The banner features the Explorable logo at the top center. Below it, three quiz cards are displayed in a row. Each card has a white background and a black border. The first card shows a pair of red roller skates on a wooden floor, with the text 'Quiz: Psychology 101 Part 2'. The second card shows a fan of colorful pens, also with the text 'Quiz: Psychology 101 Part 2'. The third card shows a Ferris wheel at sunset, with the text 'Quiz: Flags in Europe'. To the right of the cards is a blue link that says 'See all quizzes =>'.

What Does It Mean to Be a Pessimist?

Although you have already started bringing more positivity into your life, by acknowledging your problem and deciding to engage in this course, before you can make any long-term changes, it's important to know what causes negativity [1] and how you can recognize its symptoms [2]. Once you can identify pessimism, you have set the right tone for looking within yourself, [3] and discovering what might be fueling your negativity. However, it is just as important to know when the challenge is something other than mere negativity, such as depression [4], so that you can take the necessary measures.

Negativity and the Others

Your surroundings and social interactions [5] can also have a strong impact on your attitudes. Since family is a large part of who we are and often shapes our behaviors, it is also crucial to consider how your current household situation [6] may be affecting your negativity. Of course, love and intimate interactions [7] also have a significant influence on how we feel, and can, therefore, fuel negativity, or help us become more positive.

On the Road to Optimism

The best think about negativism is that it can be transformed into positivism, with some time and effort. While outside factors may influence our attitudes, the only place to look for real change is to ourselves, so we suggest that your first task is to consider your self-perception [8]. When you have discovered how you talk to yourself, it is time to investigate the best solutions [9] for becoming an optimist.

As you select the most suitable approach for your specific circumstances, you can also take the first steps to positivity [10]. They include adaptive life strategies [11] that will help you gradually change your outlook and become kinder to yourself and others. The ways in which you resolve difficult situations has a significant impact on your happiness and ability to achieve goals.

That is why the next phase is to learn how to apply positive and active problem-solving skills [12]. When you aim at reaching positive and effective solutions, it is always important to stay away from negative and unhelpful expectations. [13]

Of course, whatever you do, natural methods, such as exercise and spending more time outside [14], are always a helpful addition.

Acknowledge Your Emotions

Last but not least, to become a more positive person and get rid of the negativity that deteriorates your life, you need to be conscious of your emotional states, whether they are comfortable or uncomfortable. Acknowledging your negative emotions [15] will help you cope in a healthy way.

Source URL: <https://explorable.com/e/how-to-become-an-optimist>

Links

[1] <https://explorable.com/e/what-causes-negativity?gid=21499> [2] <https://explorable.com/e/symptoms-of-negativity?gid=21499> [3] <https://explorable.com/e/habits-that-fuel-negativity?gid=21499> [4] <https://explorable.com/e/when-it-is-more-than-negativity?gid=21499> [5] <https://explorable.com/e/society-and-negativity> [6] <https://explorable.com/e/families-and-negativity?gid=21499> [7] <https://explorable.com/e/post-breakup-negativity?gid=21499> [8] <https://explorable.com/e/negativity-and-self-doubt?gid=21499> [9] <https://explorable.com/e/remedying-negativity?gid=21499> [10] <https://explorable.com/e/first-steps-into-positivism?gid=21499> [11] <https://explorable.com/e/positive-solutions?gid=21499> [12] <https://explorable.com/e/positive-problem-solving?gid=21499> [13] <https://explorable.com/e/negative-vs-realistic-expectations?gid=21499> [14] <https://explorable.com/e/natural-therapy?gid=21499> [15] <https://explorable.com/e/is-perpetual-happiness-possible?gid=21499>