



## Negativity and Self-Doubt

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Pessimism often makes you doubt the functionality of your defense mechanisms. It may feel pretty confusing - like you need a special defense mechanism to defend you from all the other defense mechanisms.

Weakness, hopelessness, helplessness, infirmity, panic, despair, anxiety, surrender are all synonyms of psychological suffering and go hand-in-hand with an overall negative outlook on life. Instead, try to find as many words for mental strength, by looking within yourself. Even vulnerability is a form of strength.

The banner features the Explorable logo and the text 'Quiz Time!' in a white, handwritten-style font. Below this, there are three white-bordered cards on an orange background. 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 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 white arrow pointing to the text 'See all quizzes =>'.

## The Essence of Weakness

Weakness, on the other hand, is neither real nor perpetual. Feeling weak is a mere consequence of the way we see ourselves and the world around us.

Our perception is the collective result of our conscious and subconscious mental processes. This goes for all human beings, but a problem emerges when we cannot see the difference between reality and our perception of that reality.

Would you like to control your reality? Keep reading. There is a light at the end of the tunnel. It is you, holding a lightbulb.

## **The Choice Is Yours**

There are certain techniques, which can help us become conscious of our perceptions, meaning, they can allow us to create our reality. As you may have noticed, this is the polar opposite of helpless negativity. When we self-observe as weak, we victimize ourselves.

In real life, people are rarely helpless. There is always something that can be done to improve the situation.

Even though most people are aware that there is always something to be done, the feeling of helplessness can sometimes take over and immobilize us. We may find ourselves feeling paralyzed, desperate, weak and panicked.

## **Specific Behaviors**

Hopelessness and helplessness take root when:

- You think that you are unable to act.
- You don't feel that you can change something important to you.
- You believe that you cannot solve a problem.
- You don't act to free yourself from the pain and negativity.

## **Lack of Self-Confidence**

Plenty of people do not believe in themselves. Why is that? Well, believing in yourself means being aware of you being the cause and the effect of everything you feel, experience, think or do in your life. It applies to the present, the past, and the future. You are the king (or queen) of everything that happens in your life, at all times.

## **You Have the Power**

If you, yourself are fueling your negative emotions, then you are the one who can change the part of your subjective reality that makes you feel helpless. To be the creator of your destiny, you have to take full responsibility for what you have created.

Most people do not take responsibility for what they feel and are therefore unable to change it. So, what is the solution? Assume the responsibility and start saving yourself from yourself!

## **Inner Conflict**

This entails having a conflict with yourself. It is a conflict between what you wish to be and what you believe you currently are. There are no winners here because both sides belong to the same whole - the same you.

The constant struggle of inner conflict is truly exhausting, especially when prolonged because it creates feelings of hopelessness and helplessness. Spending years in the trap of inner conflict means that both your negative feelings and the number of inner conflicts will increase.

## **Be a Creator, Not a Victim**

So, why do inner conflicts develop in the first place? Primarily, it is due to the illusory belief that conflict is inevitable. Anyone who struggles with negativity needs to change their perception of themselves: from conflicted to integrative.

Furthermore, pessimistic people fail to see the difference between themselves and their emotional experiences. The moment someone stops identifying with their negative experiences, they are free, and there is a possibility of overcoming all the subconsciously created inner conflict.

All of this means that you need to start distinguishing between the experience and the creator of that experience – you. This newfound awareness will help you realize how your experience was just one of the possible outcomes in a given situation. Being a creator is unlike being a victim.

## **What Can You Do in Challenging Situations?**

- Try changing the situation as much as possible, by eliminating the circumstances that are standing in your way.
- If the first option is indeed impossible, an alternative would be to find a more welcoming, positive environment.
- If none of the above is possible, the best you can do is accept. Moving on with your life includes that acceptance, as well as finding a new goal.

Remember: you are the idea of yourself that you choose to be.

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