

THE POWER OF “POSITIVE THINKING”

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Optimistic thinking implies an optimistic attitude on life's obstacles. It may not always imply avoiding uncomfortable situations. Instead, positive thinking is making the most of prospective obstacles, attempting to bring out the best in others, and viewing yourself and your skills positively.

People who are optimistic are more likely to utilize a serious explanation style, however how people present events can also differ depending on the context. A person who is normally a positive thinker may employ a more cynical explaining style under exceptionally difficult conditions, such as at work or school.

There are several elements that influence whether a person has a positive attitude; one of them is the way they explain events in their lives, known as their explaining style.

People who have an optimistic explaining style prefer to give themselves credit when wonderful things happen and inevitably blame when negative things happen. People with a pessimistic explanatory style, on the other hand, frequently blame themselves when terrible things happen but fail to give themselves due credit for positive achievements. They also tend to see unfavorable occurrences as anticipated and permanent. Blaming yourself for situations beyond your control or considering these sad events as a permanent part of your life can have a severe influence on your mental health.

Those with a positive outlook are more likely to utilize an optimistic explanation style, however how people assign events varies depending on the context. Remember that

a positive thinker may employ a more pessimistic explaining style in exceptionally difficult conditions, such as at work or school.

Looking at things from a positive perspective is what positive thinking is all about. It is a way of thinking that emphasizes maintaining a happy, optimistic mindset.

References:

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