

How To Be More Positive

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We have all had several things happen to us in our life which have caused us to have negative feelings. These negative feelings often lead to sadness, shame, sorrow, worry, depression, bitterness and even anger and hostility, especially if we don't get away from sources of negativity. There is no upside to being negative. Negative people always complain and think bad about other people. Negativity and worry cause stress and stress is one of the leading causes of mental and physical health disorders. Often selfishness leads to negativity. Selfishness is when someone constantly concentrates on what they want and on getting their way even though it may cause discomfort to others. But with some changes in how you think, you can develop positivity and begin to enjoy more happiness and joy in your life.

Your quality of life is controlled 10% by your circumstances (what happens to you) and 90% by your attitude (how you respond mentally to your circumstances). I have seen people who have been poor all of their life, or lived with pain or hardships for many years, or had devastating events in their life, but they now walk around with a smile on their face and cheer in their heart. But with so much problems in people's lives, how can they possibly be happy? Ask them and they usually will tell you.

I know a lady who is always smiling and always has kind things to say to people. She told me that she used to take a lot for granted and did not appreciate many things in her life. She said that she decided one day to start writing down in a journal at least one thing everyday that she was thankful or grateful for. She calls this journal her "Grateful Journal". After awhile she realized that she was very blessed with many good things in her life. Then, whenever she would get depressed, she would go back to her "Grateful Journal" and be reminded of all she had to be thankful for. (To see an article about such a journal, go to my website www.BiblicalReliability.com and Select "Article Topics" > How to Live a Good Life > *Develop Christ-like Character* > "Journals of God's Grace".)

As humans, we tend to focus on the bad things in life – the things which don't go the way we want them to (just look at most of the news reports). But even with bad circumstances all around us, if you start looking for it, you will find good things occurring in many places. My mom has told me a few times that she has noticed that whenever something bad happens in a community, eventually something good will come from it. Tragedies usually bring people together who provide support for others in need and often new, good, loving relationships spawn from such happenings. The Bible says that we are to be thankful (not FOR all things, but) in all things. 1 Thessalonians 5:16-18 says "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you." Always look for things to be thankful for in all situations – things could always be worse (in magnitude or length of time).

One of the first steps toward Positive Thinking is to appreciate the good things in your life, be content with what you have (not always wanting more than you need) and start thanking those who help you. Realize that no matter how bad your situation is, there are other people who are worse off than you. Thank God if you have the ability to see, hear, smell, taste, walk, talk or think properly. (To see an article about being thankful for our many blessings, go to my website www.BiblicalReliability.com and Select "Article Topics" > How to Live a Good Life > *More Prayers* > "Thank You God (Prayer)".)

Learn to appreciate and thank others who help you. And if you learn to enjoy helping others, it will help you get your mind off yourself and your problems. Begin to look for the good in people and sincerely compliment them. Realize that all people have flaws, no one is perfect and we all have needs. Our most important need is our need to be loved. Negativity makes it difficult for others to want to love you. People often avoid being around negative people since negativity is contagious, often causing others around you to react negatively in response to your negativity.

So, if you want to be more positive so you can enjoy your life better, pray for God to help you see the good in people and in your circumstances and thank God every day for your many blessings.