

Your Attitude, Your Life
#1: How To Maintain A Positive Attitude

1. Understand the _____

2 Corinthians 4:16 *That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.*

https://www.mindtools.com/pages/article/newTCS_89.htm

2. Reset your _____

a) _____

Proverbs 13:3 *Careful words make for a careful life; careless talk may ruin everything.*

b) _____

Philippians 4:6 *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

c) _____

Romans 12:10 *Love each other with genuine affection, and take delight in honoring each other.*

3. Spend time _____

2 Thessalonians 3:4 *And we have confidence in the Lord concerning you, both that you do and will do the things we command you.*

4. Develop _____

Philippians 4:8 *whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

1 Samuel 14:6 *Come, let's go over to the outpost of those uncircumcised fellows. Perhaps the LORD will act in our behalf. Nothing can hinder the LORD from saving, whether by many or by few.*

1 Samuel 18:8 *Saul was very angry; this refrain galled him. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?"*

Mind reading – We assume negative about others without real evidence – “They must be upset with me” or “I guess they don’t like me either”

Overygeneralization – A negative event is just going to continue forever – “I’ll never get offered a promotion” or “My flights are always delayed.”

Magnification – We over-emphasize our flaws or errors and exaggerate them. We take small negative events and turn them into disasters – “Great, now they all think I’m a selfish person”

Minimization – We dismiss or minimize our positive qualities and strengths – “Yeah I got an A, but I missed the easiest question on the whole exam” or “I didn’t really do much”

Fortune telling – We predict a negative outcome based on little or no evidence – “There’s no way he’s going to call me again” or “They hated my presentation.”

Labeling – When we describe ourselves in a negative way – “I’m such a loser”

Permanence: Optimists point to specific temporary causes for negative events; pessimists point to permanent causes.

Pervasiveness: Optimistic people compartmentalize helplessness, whereas pessimistic people assume that failure in one area of life means failure in life as a whole.

Personalization: Optimists blame bad events on causes outside of themselves, whereas pessimists blame themselves for events that occur.

Learned Optimism in a single sentence! *The optimist's outlook on failure is "What happened was unlucky (not personal), a temporary setback (not permanent) and just for one of my goals (not pervasive)".*

A - Activating factor (*Saul hears the crowd singing David's praises.*)

B – Belief that’s distorted (*They will want him to be King, not me.*)

C – Emotional Consequence (*He's angry, bitter and filled with a irrational jealousy.*)

D – Dispute the negative thought (*God gave me this role and no person can take it from God.*)

E – Exchange it for a positive thought (*I was chosen by God for this role, I was anointed by the prophet Samuel, David's victories strengthen my rule...*)

Changing from Pessimism to Optimism

When to use Optimism

- If you are in an achievement situation (e.g. selling, writing a book)
- If you are concerned about how you will feel
- If the situation is likely to be protracted, and your physical health is an issue
- If you want to lead, inspire, or win votes

When to use Pessimism

- If your goal is to plan for a risky and uncertain future
- If your goal is to counsel others whose future is dim, do not use optimism initially
- If you want to appear sympathetic, don't start with optimism, though using it later once confidence and empathy are established will help

If the cost of failure is high, optimism is the wrong strategy.

Creating lasting positive change (Do for 21 days in a row)

- Gratitude: Three new things you grateful for every day – you begin to scan your world for the good, not the negative
- Journaling: Write about one positive experience over the last 24 hours – it will allow your brain to relive it.
- Exercise: It teaches your brain that your behavior matters.
- Meditation: It allows you to get over the cultural ADHD and allows our brains to focus on task at hand.
- Random Acts of Kindness: Write one positive email every day, praising or thanking someone.

Psalm 77:11-12 *But then I recall all you have done, O Lord ; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works.*

- Evidence
 - Show that the negative belief is factually incorrect. Ask, "What is the evidence for this belief?"
 - Unlike positive thinking, which consists of trying to believe upbeat statements in the absence of evidence, learned optimism is about accuracy
 - Repeating positive statements doesn't raise mood or achievement; it's how you cope with negative statements that has effect ("the power of non-negative thinking")
 - Most people catastrophize--they select the potential cause with the direst implications-- you can easily dispute this by pointing to the distortions in this
- Alternatives
 - Most events have many causes. Pessimists latch on to the worst possible cause.
 - To generate alternative explanations, focus on changeable, specific, non-personal causes

- Implications
 - **Sometimes, the negative belief is correct. If that's the case, you can still de-catastrophize.
 - "Even if my belief is correct, what are its real implications?"
 - You can then repeat the search for evidence
- Usefulness
 - Sometimes, the consequences of holding a belief matter more than the truth of that belief
 - E.g. Your belief that life isn't fair is true, but doesn't do much for you
 - If a belief isn't useful, try distraction, or look to the future. "Is the situation changeable? How can I go about changing it?"

D (Disputation). Question whether your beliefs are the only explanation. For example, ask:

- What is the evidence for my beliefs?
- What are other possible explanations for what happened?
- What are the implications of my believing this way, and do they make it worth holding on to my beliefs?
- How useful are my beliefs? Do I or others get any benefits from holding on to them, or would we benefit more if we held other beliefs?

Genesis 48:21 Then Jacob said to Joseph, "Look, I am about to die, **but God** will be with you and will take you back to Canaan, the land of your ancestors.

Genesis 50:19 Joseph replied, "Don't be afraid. Do I act for God? Don't you see, you planned evil against me **but God** used those same plans for my good,

Genesis 50:20 You intended to harm me, **but God** intended it all for good. He brought me to this position so I could save the lives of many people.

1 Samuel 14

New International Version 1984 (NIV1984)

14 ¹ One day Jonathan son of Saul said to the young man bearing his armor, "Come, let's go over to the Philistine outpost on the other side." But he did not tell his father.

² Saul was staying^(A) on the outskirts of Gibeah^(B) under a pomegranate tree^(C) in Migron.^(D) With him were about six hundred men, ³ among whom was Ahijah, who was wearing an ephod. He was a son of Ichabod's^(E) brother Ahitub^(E) son of Phinehas, the son of Eli,^(G) the LORD's priest in Shiloh.^(H) No one was aware that Jonathan had left.

⁴ On each side of the pass^(I) that Jonathan intended to cross to reach the Philistine outpost was a cliff; one was called Bozez, and the other Seneh. ⁵ One cliff stood to the north toward Micmash, the other to the south toward Geba.^(J)

⁶ Jonathan said to his young armor-bearer, "

Genesis 17:17 Then Abraham bowed down to the ground, but he laughed to himself in disbelief. "How could I become a father at the age of 100?" **he thought**. "And how can Sarah have a baby when she is ninety years old?"

Genesis 26:7 When the men who lived there asked Isaac about his wife, Rebekah, he said, "She is my sister." He was afraid to say, "She is my wife." **He thought**, "They will kill me to get her, because she is so beautiful."

Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

- What is truly the worst possible outcome of this situation?
- Could this really harm me or my family?
- Am I looking at this situation correctly; what proof do I have of my fears?
- Can I really handle this situation even though I doubt myself?
- What can I do to change this situation?

Hebrews 11:26

- **New Living Translation**

He thought it was better to suffer for the sake of Christ than to own the treasures of Egypt, for he was looking ahead to his great reward.

Genesis 6:5 The Lord observed the extent of human wickedness on the earth, and he saw that everything **they thought** or imagined was consistently and totally evil.

Matthew 14:26

- **Contemporary English Version**

When they saw him, **they thought** he was a ghost. They were terrified and started screaming.

Mark 3:21

- **Contemporary English Version**

When Jesus' family heard what he was doing, **they thought** he was crazy and went to get him under control.

Romans 7:23 But there is another power within me that is at war with my **mind**. This power makes me a slave to the sin that is still within me.

Romans 8:6 So letting your sinful nature control your **mind** leads to death. But letting the Spirit control your **mind** leads to life and peace.

James 5:17 *Elijah was a man just like us. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years.*

A - Activating factor (God asks Moses to go back to Egypt)

B – Belief that’s distorted (If I go, they won’t listen and I might die)

C – Emotional Consequence (He’s terrified & did NOT want to obey)

D – Dispute the negative thought (God is not bringing me there to die)

E – Exchange it for a positive thought (Doing the will of God for my life is the most important thing and He will protect me. He will go with me.)