

Free Yourself from Negativity

Anshul Sharma

All of us at some point of life over-think about things that are likely not going to happen. We keep disturbing our inner peace by thinking the same thing over and over again.

'Why?' is the question.

When we know that this negativity is killing us, so why do we keep thinking like this?

I myself am a victim. But, there are some rituals I follow to lessen this negativity and obliterate it out of my system.

1) Stop over-thinking too much.

Nothing is completely black or completely white; it is the way you decide to think about things and that is okay. But what kills you is thinking way too much about the same thing over and over again. Give yourself some time away from what is bothering you. Being unhappy is a choice, not a condition.

- Do something you like to do. It could be anything.
- Listen to some nice music.
- Talk to your family and friends.
- Read a good book.

2) Stop over-generalizing the negative.

Stop over-generalizing about what is happening wrong. If something bad is happening just keep one thing in mind that it is destined to happen this way and you'll eventually learn from it. How you see things is how they actually are for you.

3) Stop minimizing the positive.

Negative thinking stops us from seeing and experiencing positive outcomes, even when they happen often. It's as if there's a special mental screen filtering out all the positives and only

letting in data that confirms the 'negative bias'. Magnifying setbacks and minimizing successes leads to de-motivation and misery in the long run. Know this.

Get into the habit of seeing setbacks as temporary and specific learning experiences rather than as permanent and pervasive misfortunes. We all tend to find what we look for in life.

4) Stop looking for negative signs from the other.

Stop yourself from thinking about what the other person meant when they said something. It is more fruitful if you ask them what they meant rather than assuming what they must have wanted you to notice. Don't create your own stories as it leads to having a negative impact over every thing that person will ever do, even if they do that with a good purpose.

Thinking negatively will eventually lead you to interpret everything another person does as being negative. Don't think like "He said he will talk later, maybe he doesn't want to talk to me." or "She only complimented me because she was trying to be nice."

But when you think POSITIVELY, it makes a difference.

Like if "He didn't call me back, he is ignoring me."

Try thinking more positively =>

- "Maybe he is busy with his own work, he'll call me later."

Next time when you feel uncertain and stressed over a circumstance. Take a deep breath and say to yourself "This problem that I am concerned about exists only in my mind."

To be able to distinguish between what you think is happening and what is actually happening is an important step towards a positive life.

5) Stop making unreasonable rules and expectations.

You must deal with the world the way it is, not the way you want it to be. Whatever it is that you're seeking rarely comes in the way you want it to be but that doesn't make it any less wonderful.

- "I can't do it correctly. Maybe I am not smart enough." - Maybe you just need to practice more.

Making rules like this about how life must be is a great way to keep your mind stuck in the never ending sea of negativity. Get out of it. It doesn't mean that you should never expect anything at all from yourself and the other, but you should keep in mind that the rules that govern your expectations should not steer your mind to all the negativity.

If you feel dissatisfied by an outcome then you definitely expected something else out of it. Rather than get upset, ask yourself "Were my expectation too narrow?" and "What truths have I learned?"

The Bottom line is that you must accept as they are instead of how you wanted them to be. Just because things didn't work out the way you've expected them to work doesn't mean that it isn't what you need to reach where you ultimately want to go.

"Pray as if God will take care of all, act as if all is up to you." - it is a powerful way to live.

THIS IS WHAT I WISH FOR MYSELF. AND THIS IS WHAT I WISH FOR YOU.

*Let's choose positivity today. **TOGETHER.***