

ATTITUDE

Dealing With Negativity

Most of us are so geared towards the negatives of life that we agree with George Carlin, the comedian, who jokes that “Positive thinking is miscalculation.” We come to believe that surely the world was not organized for good. We convince ourselves that it was not organized for our good. Those who believe the world was capitulated to evil naturally believe it would be a “miscalculation” to anticipate good for themselves.

Positive thinking is not miscalculation. I’ve found it to be the way life works best. Positive thinking is more important to us than we know. Dr. Norman Vincent Peale once pointed out that it takes ten positives

to overcome one negative. We need as many positives in our lives as we can get! When we begin to look beyond our personal scars and focus on our stars, we find we are starting to think and act positively. I've discovered that when I can be positive, even toward negative situations, positive results occur. Positive results, of course, move us forward. Positive thinking about our goals, our dreams, our aspirations helps us to go for the max and live a more fulfilling life.

Call this philosophy anything you choose. Call it *positive thinking*, *possibility thinking*, or a *positive mental attitude*. Whatever term we choose, it means thinking, acting, and reacting *affirmatively*. It means thinking positively in love and faith, not negatively in fear and distrust of other people, circumstances, happenings, and life events. In order to deal with negativity we must begin with ourselves. Easy to say, but I've found I really have to work at it. Negativity is all around us. I find I must focus my thoughts towards healthy, positive ends. It's easy to talk the talk, hard to walk the walk. Meanwhile, I try to fast from negativity and practice a positive approach to my challenges. I've found that positive thinking really works when *dealing with negativity*.

Positive action always brings positive results.