



POSITIVE AFFIRMATIONS REINFORCE YOUR ATTITUDE

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Do you often wake up in the morning feeling grouchy, irritated, heavy and not feeling good? Or do we feel that we have a good vibes that makes us feel great for that particular day? The latter overrules the... former for that matter because it is more important to have positive affirmations rather than negative affirmations. A positive affirmation is a statement that expresses a positive attitude, thought or fact. Positive affirmations should reinforce good thoughts and positive attitudes while getting rid of negative thoughts from your mind. It helps improve one's self-esteem and attitude through repetition. It also changes our personal thoughts and attitude through careful redirection. It gives us a better and healthy outlook in life making us optimistic persons. Positive affirmations help us relieve and reduce stress and give us better relationships due to those good thoughts. We need to focus this positive thought that helps us improve our minds and thoughts to the present time rather than where or what you want to be in the future.

If we keep on thinking negatively, it will reach us nowhere and this will eventually make us a failure. Whereas, we can use affirmations to help us get out of depression, build our self-confidence and self-esteem. It can also be used to control our fear and anxiety leading to stress management. Therefore, positive affirmations are used successfully in personal growth and self-improvement. Our minds will learn fast if we do "Mass Practice", meaning repeating these affirmations five times in a row. On the contrary, it also results to forgetting quickly, which is called "Spaced Practice." This is the process of repeating all the affirmations three or more times during the day which produces slow learning and slow forgetting. So combining both "Spaced and Mass" practice will be better to produce best results, fast learning and slow forgetting.

Using these positive affirmations will help and make us better individuals. All these will support us in manifesting powerful change in our attitude and outlook in life. It can reinforce in us the attitude of being optimistic in life. As William Blake puts it, "You become what you behold.", which means these affirmations empower and support us in manifesting powerful change in our lives. As we work in these intentional affirmations, whether they are written, spoken, read and chanted, it will create in us a lifestyle and gradually see these affirmations working in us.

It definitely true that positive affirmations can reinforce that positive attitude every individual hopes for to have a transformed life for the betterment of an individual. Irrespective of your current circumstances, the power of affirmations will create in us the better "You". We should profess what we want to be true in our life, and then you will mentally and emotionally see and feel it as true, thereby attracting it into your life. Let us not regress, but we should always progress for the future of humanity.

Questions for discussion:

- 1.How do you deal with your negative thoughts?
- 2.How can you transform your negativity with having positive affirmations?
- 3.How true are the positive affirmations that you adapt in your life? How can it make you a better individual?
- 4.Would you like to have a transformed life and create a new lifestyle having these affirmations?
- 5.How can you best describe the affirmations that you experience in your life?

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