

2015–2016

Syrian Arab Republic

Ministry of Education

The National Center Of The Distinguished

Maintaining a positive perspective



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Introduction:

Have you ever wondered why some people feel down and defeated when faced with difficult situations, while others feel challenged and hopeful? All of us know that

everyone has different reactions for problems.

Also everyone has different opinions about things on life. For example, we have a glass of water which is half-empty and half-full so some people see the



Figure1 :The glass of water

half-empty part of the glass and some others see the half-full part of the glass. And these different in viewpoints called perspective.

But do you think that we could change our perspectives on life? Do you think that our perspective can effect in how much our life is successful? Are there times when optimism can be bad and pessimism can be good? And do you think that people are innately negative?

1.1. Optimists and pessimists :

🌱 The optimists always see the solution not the problem, and when they go through hard time, they feel confident that life will get better, Also an optimist person is always happy, hopeful, friendly, fun, lovable, cheerful and he always ends his day with a positive thought, no matter how hard things were because tomorrow is a fresh opportunity to make it better.¹

🌱 The pessimists are cynical ,believe that life will be always tyrant ,difficult and painful, tend to expect the worst, see only problems and give up easily. Also an pessimist person is offensive, sad get annoyed easily, and sometimes he creates his own problem and get angry about it.

🌱 The difference between optimists and pessimists isn't a difference about life experiences but rather in how people perceive and respond to problems. "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty"²



Figure2 :The difference between perspectives

<http://us.deskdemon.com/pages/us/training/avoid-negative-thinking#sthash> ¹

Winston Churchill, British Prime Minister ²

2.1. The Pros and Cons to both optimism and pessimism:³

There are
pros and
cons to both
optimism and
pessimism.

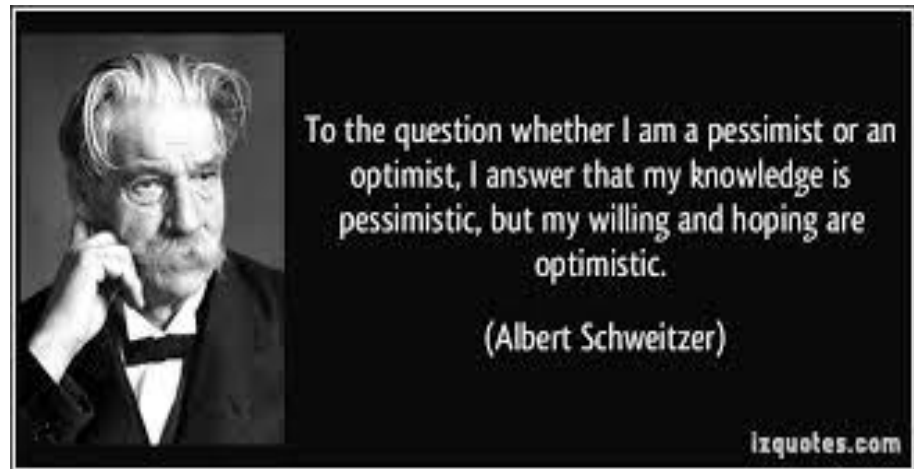


Figure3: Albert Schweitzer

Extreme optimism can be off-putting and invalidating because it can be a denial of reality and pain. Extreme pessimism can be depressing because it seems only focus on the negative and catastrophic events. A healthy dose of optimism can be uplifting and hopeful, while a healthy dose of pessimism can be realistic and wise. Achieving a balance of being realistic and hopeful isn't always easy, but it can be a very good challenge, because it'll make you happier and wiser than before .

<http://us.deskdemon.com/pages/us/training/avoid-negative-thinking#sthash3>.

1.1 ways to be optimistic:



Figure4 : Smile

- ✚ Smile: Just you have to stand in front of the mirror and force yourself to smile ,It really does help change your mood and relieve stress. And remember that " It takes fewer muscles to smile than to frown"
- ✚ Surround yourself with positive people:⁴ The people around you have a big impact on you, They impact who you are, and how do you think . if you surround yourself with negative as well you'll be negative, because of hearing negatively all day. The opposite is also true, so when you surround yourself with positive people and you'll be more positive.



Figure5 :Yoga

- ✚ Do yoga: It took your focus away from your thoughts and brought your attention to your breath. Yoga is also very relaxing which help ease your mind. Yoga helps you stay present to your experience so instead of

<http://tinybuddha.com/blog/10-tips-to-overcome-negative-thoughts-positive-thinking-made-easy/>⁴

jumping to what could happen, it bring you back to the most important moment.



Figure6 : The effect of music

Sing:⁵ The best way to relieve stress and to show your feelings is by singing or playing music.



change the tone of your thoughts from negative to positive: We all have negative thoughts from time to time, so when you find yourself thinking negatively, just try to find a way to throw them away by listening to music, walking outside in the fresh air or doing some exercises to change



Figure7 : Lindsey Stirling

your mood.



Remember that no one is perfect and let yourself move forward:

Everybody makes mistakes and nobody is perfect, so learn from your mistakes and move on.



Try to help someone: Take a focus away from you and do something nice

for others. It makes you feel better, happy and comfortable for helping someone.

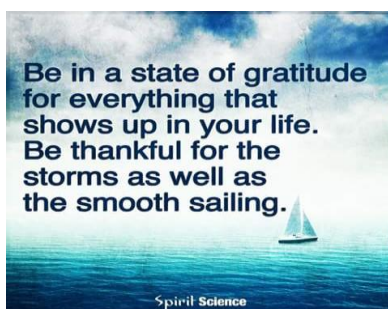


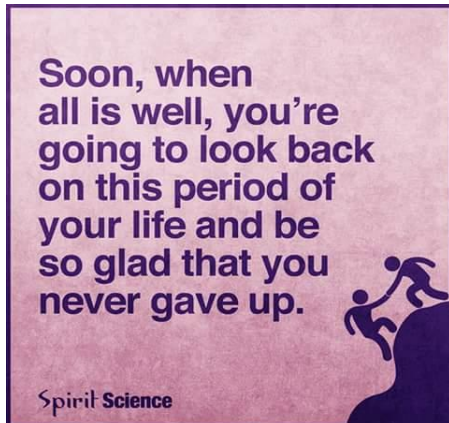
Figure8 : Being grateful

<http://tinybuddha.com/blog/10-tips-to-overcome-negative-thoughts-positive-thinking-made-easy/5>



Be grateful: Because when you are grateful for all wonderful things and people in your life, the challenges you face seem less important and easier to deal with.

Figer9 : Never give up



Don't give up: It's so easy to give up but it'll be so annoying and hurting to lose, it's better to work so hard and be successful than giving up and being a loser.

2.2 Replacing negative thoughts:

When you think about replacing negativity, you might start by trying to push those thoughts out of your mind. maybe it's better to change them rather than trying to push them away. Learn to stop negative thoughts before they start. And don't ever say these quotes: I can't do that ,It won't happen, It's impossible, Nothing is good ,Life is hard.



Figure10 : No complaining

Stop complaining: Stop the complaining habit and relax ,life is so easy if you know how to deal with it, so don't make it complicated.

No regrets: you need to stop yourself from getting a caught up in focusing on the losses and errors of your past, and try to be better than the person you were yesterday.



Figure11 : No excuses

No excuses: Develop a deeper honesty and truthfulness with yourself and take full responsibility for what you do, and don't give up on anybody.



Figure12 : Improving mood

Improve your mood:

Relax deeply and cast off black moods, so you enable your unconscious mind to bring forth a new, more relaxed, more upbeat emotion. You'll also gain perspective on whatever was making you feel bad.



Figure13 : The big picture

See the best in others:

See the most beautiful and gentle side of people and stop viewing others with cynicism and sympathetic understanding.

Think as a child: You're not innately negative, I mean no one was born negative. Children are little balls of inquisitive energy.

They skip or run everywhere, they try to climb trees, be heroes and try to do things we think it's impossible to do. Because there's no voice in their heads telling them "I can't" or "It's impossible". So

just imagine how much your life would be different if you think in this way.



Figure14 : Thinking as a child

Keep practicing positivity replacement:⁶



Figure 15 : Smile bonbons

You may not quite believe yourself at first, may be your negative thoughts driving everything. If your thoughts are reasonable and encouraging, continue saying them to yourself. Instead of predicting disaster, your newer,

⁶<http://www.psychCentral.com/articles/replacing-your-negative-thoughts>

more positive thoughts will now pave the way for solutions you may have never considered before. Your problem has become an opportunity.

1.3. Keeping a positive perspective makes anything possible:⁷

Actually nothing is impossible, if the world itself says "I'm possible". Success attribute to many things, and the most important thing is keeping a positive perspective on life even if things aren't going exactly your way. In life, if you want to be successful, you have to face



Figure16: William James's quote

many problems, difficulties, hard experiences and disappointments, but believe



Figure17 : Positively thinking

that all of them will make you strong, wise and confident, and by simply changing your perspective on life, you will start to see amazing things happens. And believe with your hurt and soul that you'll be successful and creative when you keep these sentences in your mind "I'm successful" and "I'm creative" with

⁷<http://www.dawnkluskin.com/2012/03/06/keeping-a-positive-perspective-makes-anything-possible/>

working hardly, you'll prove that. And now I'll tell this story about Lance Armstrong which will help you to be optimistic and successful ,and show you the power of optimism .Armstrong was a cyclist. He diagnosed with cancer which had spread to his lungs and brain. His doctors said that "He's in a very bad situation and he won't live so much" but Armstrong was optimistic and he felt hopeful and challenged rather than feeling defeated and depressed . He started preparing for his future, also he found chemotherapy treatments that wouldn't damage his lungs. He rode the cycle 80 to 100 kilometers a day , so it was so hard for him because of his sickness. Armstrong survived cancer and won the tour de France seven times. So Armstrong is an inspiration for those who need help of being optimistic.

Figure18 : The power inside you



Conclusion :

Everybody has his own perspective on life , sometime it's so important to be optimistic or to change your viewpoints from pessimist to optimist by doing small things for yourself and for others to be happier and more successful, I mean you can be successful by thinking positively and working hard to catch your aim, remember that you're special but in your own way .you're a gift to the world and who you are and what you do matters, don't be afraid of anything or anybody because you're creative, you're special and you're different .

By the way, sometimes it's



Figure 19 : Smile

good to be pessimistic because you'll face all the blows easily without being shocked, also you'll deal with problems wisely and easily.

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