

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Expectation

"If you choose to focus on the positive qualities you find in others, then everyone wins. You'll have more enjoyable social experiences, and those around you are more likely to behave in ways that will enhance their attractiveness to you and, as a result, they'll feel more likeable and self-confident." – Linda Blair

Antonyms – Fear, compulsion, inhibition.

Synonyms – Desire for change, excitement, urge

Self-Talk of the Loser: "I must do it, I can't"

Self-Talk of the Winner: "I want to do it, I can"

More about Self-Expectation by Linda Blair: <http://www.telegraph.co.uk/wellbeing/mood-and-mind/mind-healingthe-power-positive-expectation/>

For more positive Self-Expectation take action today:

1. Using only positive self-talk – 24/7.
2. Search all your personal relationships for something good and positive.
3. See your problems as opportunities. List all the prominent problems that are causing you to struggle in life. Write a short description on each one – Re-write it now, seeing it as an opportunity and not a problem, testing your creativity and acumen.
4. Practice to stay cool and calm despite pressurized circumstances or situations:
 - 4.1 When people start to gossip, mention something positive or praise somebody.
 - 4.2 Be constructive and helpful instead of unhelpful and being critical.
 - 4.3 When anxiety or tension enters the room it is your cue to breathe deep and slow. Lower the pitch of your voice. Sit back, relax your muscles, drop your shoulders and react calm towards the problems and suggested solutions.
5. Your health is important. Cure what can be cured, prevent what can be prevented and enjoy the rest.
6. In your projection of your healthy state, know that your daily discussions and self-talk originates from your thoughts and unconscious emotions. Use positive communication to yourself (such as "I feel a lot better now") and to others.
7. Realize that there are definite advantages and rewards for looking after your health.
8. Expect the best from others. Recognize the efforts of others and encourage them to greater heights.
9. By encouraging others to be positive, you associate yourself with optimism and winning.
10. Wake up happy.
 - 10.1 Start the day with music.
 - 10.2 Sing in the shower.
 - 10.3 Have breakfast with an optimistic person.
 - 10.4 Listen to inspirational talks/music on the way to work.
 - 10.5 Read non-fiction and inspirational books.

Henry Ford said: *"If you think you can, or think you can't, you're right."* Raising your self-expectation certainly put you in the "I can" circle.