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Hope and optimism positive psychology

Published: 2008-11-07Persone can be differentiated to the extent that they have different expectations on achieving their goals and other future, characterized by their ample expectation that the results could be positive. Pessimists, on the other hand, have a general sense of doubt and hesitation, characterized by the future anticipation of negative results. So is it better to be an optimistic point of view. Below are some of which: the optimists experience less difficulty than pessimists when it comes to difficulties in their lives. For example, they suffer much less anxiety and depression. The optimists better fit the negative events (including coronary artery bypass surgery, breast cancer, abortion, bone marrow transplantation and AIDS). Optimism is favorable to coping, humor, humor focused on the problem, to positive repraggering (putting the situation in the best possible light) and, when the situation is uncontrollable, to accept the reality of the situations. So the optimists are able to learn lessons from negative situations. The optimists do not tend to use denial, while pessimists often try to distance the problem. The optimists are not simply people who attack their heads in the sand and ignore threats to their well-being. For example, they participate in health warnings and usually discover potentially serious problems before rather than later. The optimists exercise more continuous effort and tend not to surrender, perhaps assuming that the situation can be successfully managed in one way or another. The pessimists, on the other hand, are much more likely to give up. The optimists report additional health promotion behaviors (such as eating a healthy diet or having a regular medical control) and enjoying better physical health of pessimists. The optimists seem to be more productive in the workplace. Furthermore, 85% of the US presidential elections during the last century was won by the most optimistic candidate (which does not necessarily mean, means the best!). The conclusions of an insurance sales study contain a warning for pessimistic sellers. Apparently, when the sellers who mark among the early 10% in a questionnaire of optimism were compared with those who have the score in the lower part of 10%, he was transferred from the fact that the first sold 88% More insurance. Can you be learned optimism? Very simply à ¢ â,¬ "Yes. Although there can be a genetically inherited component for optimism and the first childish experiences of certainly model our optimistic-pessimistic point of view, we can use different strategies to counter pessimism. The first of These is a disputation strategy, introduced by Martin Seligman in his best-seller has learned optimism. We usually employ internal protest skill when we are falsely accused of something else. We think of ourselves, for example: Å ¢ Å ¬ Å, Å «It's not right. He's who doesn't listen, I'm not me. I always listen before reaching a conclusion". However, when you falsely accuse something (eg not being able to deal with a difficult situation) we don't tend to dispute him. The key to success is a careful monitoring and recognition of our thoughts. Once a negative thought is detected, we can consciously challenge that thought and to look at the possible alternative results. The modification and monitoring of your explanatory style is another useful strategy. The explanatory style refers to the way we explain the causes and influences of previous positive and negative events. Pessimistic explanatory style We use internal, stable and global explanations for negative events and external, unstable and specific explanations for those good. People who use this style tend to evaluate evalua specific (depending on the circumstances) explanations for negative events, and the opposite model for good ones. The following table shows some examples of optimistic and pessimistic explanatory styles. Optimist event would say: pessimist would say: good event (for example, overcoming an exam) internal: Ia VE made a great job. Stable: I am Talented.Global: this was a good start of the exam season. The others should be too easy. Exterior: gives it as happened. He has already been Luck.Unstable: no problem, IA LL to spend the next time round.specific: yesterday was my birthday, after all. Interior: ita s all my fault, I HAVENÃ ¢ t prepared Well.Stable: I'm never going to pass this exam.Global: this is the end for my dreams, Ia is never to become who I want to be. Needless to say, Seligman recommends monitoring thoughts and automatic attitudes and disputing pessimistic explanations. During my lessons on this topic, after having sold almost optimism, as well as the positive style attribution to my listeners, at this point I am usually encountered with a variation on the following question: Ã ¢ surely is not saying that it blames anyone else But yourself when things go wrong is a good idea? to. This is a very good question. The research, which I know does not seem to address the impact of an optimistic explanatory style on those near the optimists, nor to report if optimism is associated with quality such as selfocentrism. The advantage of being a pessimist there are some occasions when pessimism can do more to ensure the safety of your life. Optimistic thought is associated with a underestimation of risks, so optimistic are more likely to take part in high-risk activities, such as unprotected sex or reckless driving an ICE-storm. In the case of serious traumatic events (such as death, fire, flooding or violent rape) optimists may not be well prepared and their beautiful, pink world can be crushed into pieces (even if the optimists could be better equipped to rebuild it more pessimistic). What About Realism? This is another difficult question to answer, simply because realism does not seem to be fashionable at this time. After carefully analyzing the indexes of the five major positive psychology volumes, I found only one reference to this term. If a major motivation of a realist is to understand yourself and the world as well as and to maintain a very coherent and precise image, it would be the common sense to assume that this provision could take advantage of the points of Strength of both optimism and pessimism, avoiding the associated traps either. And DIener, one of the biggest researchers on happiness, writes: A, A, | it may not be desirable for an individual being too optimism and pessimism. and what are the implications of this choice are. Perhaps our western societies must some realists. Those who watch the news feel about suffering from all over the world and assumes no responsibility for the causes and implications of this adverse. Those who can choose to do something about it, realistically Their successful opportunities. Optimism, hope and positive Psychology Hope is a construct that is strictly related to optimism, even if the two are not identical. Rick Snyder, one of the major specialists in hope, represents him as a capacity to conceptualize goals, find paths of these goals despite the obstacles and have the motivation for use Routes. To put it simply, we feel hope if: a) we know what we want, b) can think of a number of ways to get there and c) start and keep in progress. Alarcon, G. 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