

# The science of positive thinking

Now you understand a little about how the brain works, you can see how important it is that you try and encourage your mind to think positively. In this way, you spend more time in the intellectual regions and hardwire happy, brave and confident responses towards anything that life throws at you.

But how do we do this? How do we move away from our primitive minds and operate with a different, positive mindset?

## 'You' in control



Believe it or not, you can take control of any negative thoughts. Ultimately, whatever the situation, the pre-frontal cortex can take control, or regain control, from the limbic system. Our minds will generally respond to the most dominant thought. If that thought emanates from the intellectual mind, then that has the priority, even in the most desperate of situations. This explains how individuals can show exceptional abilities to remain calm, in control, and brave, when faced with a life-threatening situation. They can overcome the survival response that insists they keep away from the threat.

**A positive person is determined to be positive – no matter what, because they understand that it starts from within.**

## Interaction

For a long time, scientists were confused by a particular aspect of primitive man behaviour. That is if food was so scarce, why did our ancestors share what little there was? The answer lies in the chemicals our brains evolved to give us when we shared. These chemicals could be seen as, often, more important than the food itself. One of these chemicals is called oxytocin. We produce it during intimacy, hugging people or engaging in positive social contact. Humans work better in groups, so we were encouraged to perform acts that ensured the well-being of the 'entire tribe' over the individual. These rewards were the chemicals in our brains.



**Positive people know that positive interaction increases the levels of these feel-good chemicals.**

## Don't dwell on the problem

Visualising situations in either positive or negative ways can be as real for the brain as experiencing it first-hand. Therefore, if you have had a row with a friend and you go home and 'stew' on it, your mind is reliving that disagreement over and over again with the same amount of stress hormones attached. As a therapy, Solution-focused hypnotherapy understands this and, therefore, only looks at the solutions rather than problems. It is important, however, that you resolve issues quickly. Rather than dwell on a fight, solve it or, if that is not possible, engage in some other alternative activity that is more positive and feel good.



**Positive people are problem solvers or problem ignorers.**