



Positive thinking flaws

You can't go from a state of frustration and negativity that has been piling up or hit you suddenly, to a state of joy and ease, just by turning on the button of positive thinking.

You can't stop a train when it's going full speed in one direction or switch to the opposite direction, it will derail or cause much damage. Likewise, fooling yourself with positivity when all you experience or perceive is negative doesn't validate your feelings and creates more exasperation.

Affirmations or visualizations are in such circumstances useless or can have the opposite effect, as you don't believe them; they annoy you further.

What to do then? Move your attention, slow down the train (of thoughts and perspective). Not putting your head on the sand but allowing you time to breathe and get your feet on the ground.

You need to move towards a more balanced state before you can grip positivity. Climb the emotional scale.