

## Positive Action

Positive thinking is an integral part of well being and life improvements. However it is important not to fall into the trap of using positive thinking (& affirmations) as a substitute for action, a means of suppression or avoidance.

### Substitute for action

Sometimes a needed action can seem very daunting or undesirable. It is very easy in such a circumstance to avoid the action altogether by substituting it for positive thinking. This is not to say that faith alone cannot bring about a result because on occasion it does. However if we rely on thoughts and words alone, then we are giving up our power and the responsibility for our wellbeing. A lack of power generally leads to feelings of hopelessness and depression thereby counteracting our initial goal of positive thought.

Furthermore, the objective of positive thinking is not only to create the appropriate energy but also to motivate further action. By avoiding the undesirable action, we are catering to our fears which ultimately stifles progress regardless of the presence of positive thought.

### Suppression and avoidance

Using positive thinking in order to avoid an emotion or situation will not bring about a positive result in the long term. It will simply shelve the negativity until it snow balls to the point where it cannot be ignored. Emotions still need to be acknowledged and situations still need to be addressed.

For example, affirming that your relationship is happy, when it clearly is not, is not beneficial unless the affirmation is combined with the appropriate actions.

Often people say 'The universe will provide', and then are disappointed when it doesn't. What they don't realise is that the universe will mirror you. If you decide to take positive action, then the universe will as well. If you simply sit around waiting for something to happen, then the Universe will just 'sit around' as well.

### Dealing with Adversity

Accept life has the right to deal you a bad hand.

Go ahead and have strong, appropriate negative feelings about those things - disappointment, sadness, intense annoyance or concern.

Use those appropriate negative feelings to motivate yourself to change what you can change.

Things you cannot change? Accept them and adversity with serenity – not with reluctance and complaining – just plain acceptance.

Do whatever you can to learn the difference between the things you really cannot change and those you can change. Accept only the former.

*Dr. A. Kidman*

**POSITIVE THOUGHT + POSITIVE ACTION = POSITIVE RESULT**

