

Personality Development Through Positive Thinking

The Big Idea

This book is for individuals who wish to achieve perfection in their relationships with themselves and others: individuals who relentlessly strive to become better persons.

This book challenges you to constantly assess yourself and realign your attitudes and beliefs, so that you can be in tune with the changing world around you. In addition, it shares with you the dynamics of positive thinking and personality development. More importantly, its step-by-step process of discovering yourself will point you in the right direction in which your personality will surely grow and develop. **Dynamics of Personality Development**

“This world will not be a good place for any of us to live unless we make it a good place for all of us to live in.”

Personality usually refers to that which makes a person unique. It can be defined as the deeply ingrained and relatively enduring patterns of thought, feeling, and behavior of a person. In other words, knowing someone's personality will give you a rough idea of what to expect of a person under certain given circumstances.

Personality Types

To help you understand yourself better, it would be useful to know your personality type first. So, to help you identify your personality type, the author deemed it wise to develop a more simplified way of measuring personality types. Based on the archetypal model of personality that classifies individuals into six categories, he has come up with the following types:

- ***The Realistic Type***

They possess good motor coordination skills, but lack verbal and interpersonal skills. They consider themselves mechanically inclined and like to build things with tools. Also, they hold conventional political and economic goals and prefer concrete to abstract problems.

- ***The Investigative Type***

They have a strong scientific orientation and are often task oriented, introspective, and asocial. They would rather think of how to solve a problem than to actually handle one. In addition, they prefer to work alone and enjoy working on ambiguous tasks. Moreover, they have unconventional values and attitudes and are quite confident of their scholarly and intellectual abilities.

- ***The Artistic Type***

They prefer unstructured situations that give enough room for creative self-expressions and are prone to impulsive behavior. They are creative, original, intuitive, introspective, nonconforming, and independent. They do not socialize much, yet they have less ego problems.

- ***The Enterprising Type***

They possess good verbal skills and they typically have high energy levels. They have strong leadership skills and are quite domineering by nature. They are aggressive, popular, poised, cheerful, and very sociable. They like ambiguous social tasks and concern themselves much with power, status, leadership, and economic gains.

- ***The Social Type***

They regard themselves as understanding, idealistic, and helpful. They are very social, responsible, humanistic, and religious too. They like to work in groups and they have good interpersonal skills. Additionally, they enjoy activities that involve informing, curing, developing, or enlightening others.

- ***The Conventional Type***

They prefer well-ordered environments and are inclined to systematic verbal and numerical activities. They are very efficient when tasks are well-defined and structured. Also, they are calm, orderly, practical, and quite acquiescent. They readily go with the group and do not mind doing subordinate roles. They relate to power, status, material possessions, and value.

Importance of Mental Health

“The least of things with a meaning is worth more in life than the greatest of things without it.”

Mental health basically refers to a psychological state of well-being that is characterized by continuous personal growth, a sense of purpose in life, self-acceptance, and positive relations with others. When you have good mental health, you are able to balance your positive and negative emotions. This is a crucial factor in your desire to become healthy, inside and out.

Factors that influence mental health

A number of factors can affect one's mental health. Negative experiences, for one, can significantly reduce one's overall sense of well-being, and so can stress for that matter.

Research also suggests that genes account for more than half of the differences in a person's mood levels to a certain extent. It is said that genes partly determine the range of ups and downs that people feel.

Maintaining good mental health

Learn effective coping strategies, so that you can successfully deal with problems and adversities. In so doing, your sense of mastery and self-esteem are consequently enriched.

Also, having the support of friends and family members also promotes good mental health. They are the best people to have around when you are faced with a difficulty or a loss.

Similarly, getting involved in physical activities is another way of maintaining good mental health. Research has shown that regular exercise and relaxation techniques, such as deep breathing and meditation, boosts one's self-esteem, relieve depression, improve concentration, and combat the effects of stress too.

The way to be mentally healthy

If you think you have poor mental health, do not worry. You could change all that. The following tips can help: □

Develop within you adequate feelings of security.

Identify your insecurities and work out solutions for the real ones, while disregard the unreal ones. In addition, do not give in to obstacles. Deal with the present, and let the future take care of itself.

- **Do honest and adequate self-evaluation.**

It is important that you know yourself. Identify your strengths, and most of all accept your weaknesses. Only in knowing and accepting your weaknesses will you be able to overcome them.

- **Develop adequate spontaneity and emotionality.**

Spice up your life with a dose of spontaneity now and then. Also, be emotionally warm to others. When you are, so will they be to you.

- **Maintain efficient contact with reality.**

Learn to live in this world and not outside of it. Let your dreams be positively oriented, so that you can turn them into realities.

- **Have adequate bodily desires and the ability to gratify them.**

Eat well, get enough sleep and rest, and most important of all, be merry. Keep in mind that a healthy mind begets a healthy body.

- **Have adequate self-knowledge.**

Know thyself and health will follow. You are what you are, not what you THINK you are. Likewise, always think positively about yourself.

- **Have an integrated and consistent personality.**

Be consistent in your thoughts and actions. Bear in mind that a well-integrated and consistent individual with a balanced mind will always be strong and mentally healthy.

- **Have adequate life goals.**

You are in this world for a reason. So, define your goals in life and do your utmost to make them come true.

- **Learn from experiences.**

There is no better teacher in this world than experience. However, an experience regardless of whether it is a good or bad one is meaningless if you do not learn from them.

- **Develop the ability to satisfy the requirements of the group.**

Learn to get along with the other people. Follow norms and fulfill the social requirements of the society.

Dynamics of Positive Thinking

“If you do not know where you are going, you will probably end up somewhere else.”

Thinking refers to the act of producing thoughts. Thoughts can either be positive or negative in nature. Positive thoughts lean towards problem-solving behavior. Conversely, negative thoughts find expression in excuses for failure and in avoiding problem-solving behavior.

In a similar vein, thoughts range between two extremes: autistic and realistic thinking. Autistic thinking is determined mainly by the fulfillment of one's needs, wishes, and feelings. In short, it operates on the “pleasure principle” – the seeking of pleasure and the avoidance of pain.

On the other hand, realistic thinking is determined largely by the demands of the situation. It is directed towards action or the solution of a problem, and thinking at this level follows the “reality principle” more – the regulation of behavior according to the demands of the outside world.

How to develop positive thinking

The first step to developing positive thinking is to think and act with a positive attitude towards life. This means that you should act purposely: you should have a definite purpose and direction in life.

The next step is to think reasonably; that is you should be reasonable and understanding in everything that you do. In so doing you will begin to have more positive thoughts about yourself. This in turn will enable you to view and regard others in the same positive light.

Finally, you should never underestimate yourself or others. You should be confident of your abilities and potentials. Likewise, you should not look down on others as well. Remember that no one is born perfect.

The following points will serve as guidelines for developing positive thought. They do not follow a hierarchical order, so feel free to explore the infinite possibilities that each offers:

- Indulge in honest self-evaluation;
- Accept the truth about you or your situation and live with it;
- Accept others as they are;
- Always evaluate behavior within situational frameworks;
- Be confident in yourself and in your abilities;
- Do not look down upon others;
- Respect the abilities of others;
- Welcome and appreciate healthy criticisms;
- Do not indulge in backbiting;
- Appreciate your physical being;
- Be a good listener and pay attention when others speak;
- Remember there is a solution to every problem;
- Spend your time doing constructive things;
- Clear your mind of polluted thoughts;
- Enjoy life;
- There is always a second chance;
- Be honest and appreciate honesty;
- Learn to accept mistakes;
- Avoid suppressing your feelings;
- Do not let your heart rule your head;

- Accept challenges;
- Learn to be independent;
- Do not make lame excuses;
- Be kind to others;
- Do not think that you are indispensable;
- Do not indulge in flattery;
- No one really loses in life;
- Always think and talk in a positive manner; and, □ Be infinitely positive.

Perceiving Others – Impression Formation

“All our knowledge has its origins in our perceptions.”

Impression formation is a process in which information about other people are transformed into more or less enduring cognitions or thoughts about them. In addition, the impressions that you make of people is a good indicator of your reactions to them. And more often than not, the way by which you form your impressions of others also tells you how you see yourself. Hence, people with low self-esteem rarely think anything good about themselves or of other people. Conversely, people with high self-esteem cannot believe anything bad about themselves and of others.

On enhancing your self-esteem

Make an effort to think positively about yourself. Believe that you have it in you to become a great person. The potential to be great is within you.

Indulge in more self-affirming thoughts. In so doing you will maintain your self-confidence, protect yourself from anxiety and depression, and sustain your senses of well-being.

Above all, strive to do well in any situation. Become a self-actualizer and make full use of your potentials.