The advantage of negative thinking

How often have you heard that you should think positively? But what use positive thinking to feel negative = bad?

The easiest way to positive thinking when it comes to a good, you feel good. But even then it is not necessary, since you already have in this state, a positive mood.

Is our mood was negative, this negative feeling effected automatically according to negative thinking. Therefore use the existing energies, because thinking negatively can increase your quality of life!

You have read correctly! Of course, can significantly affect your quality of life and sometimes even lead to depression uncontrolled pessimism.

Consciously and purposefully used, can cause (in a good way) the "Art of Negative Thinking", however, true "miracle".

How does this method, this mental technique is also referred to as the "In the worst case technique".

It's simple: Rather than be disappointed when your expectations are not met, expect a priori the worst thing that can happen.

Suppose the following: It's your birthday and you expect that you will get a present from your best friend. But unfortunately nothing like that happens.

Now it could be that you're disappointed and / or hurt. With the technique "The benefit of negative thinking" you save yourself, however such disappointments.

And the fact that you einplanst such from the outset.

Ask yourself for this purpose: "What is the worst thing that could happen to me?"

Suppose that the worst thing would be that your friend forgets to your birthday. And exactly this idea you should go out and your mind. That is, you expect that you will not receive a gift.

Forget your friend actually on your birthday, it will not bother you (or little) as you already expected it.

If you do however get a gift, the joy is also likely to significantly increase your well-being.