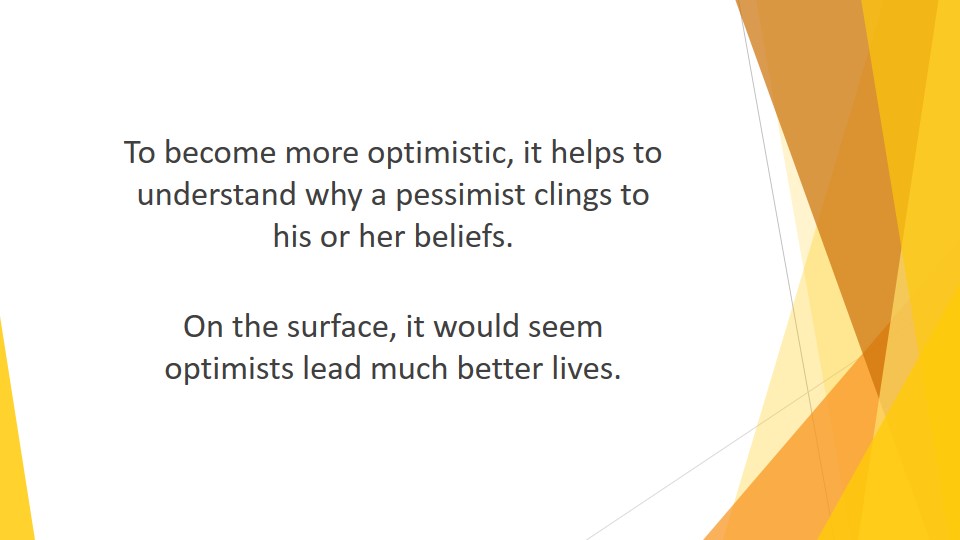
**Chapter 5: Why Some People Are Pessimists and How to Stop**

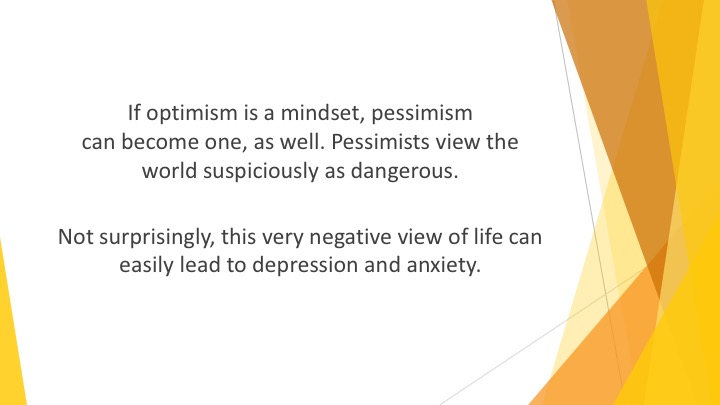
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**S1** : In this video, we’ll talk about “Why Some People Are Pessimists and How to Stop”



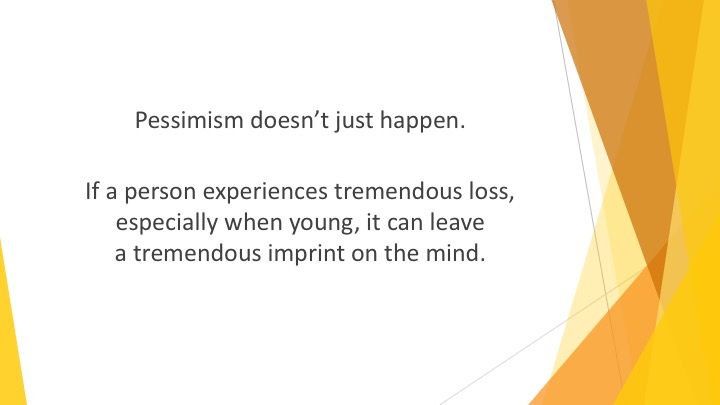
**S2** : To become more optimistic, it helps to understand why a pessimist clings to his or her beliefs. Only when you recognize certain traits will you be able to change them.

On the surface, it would seem optimists lead much better lives. If that is true, and it is, why do some people embrace pessimism?



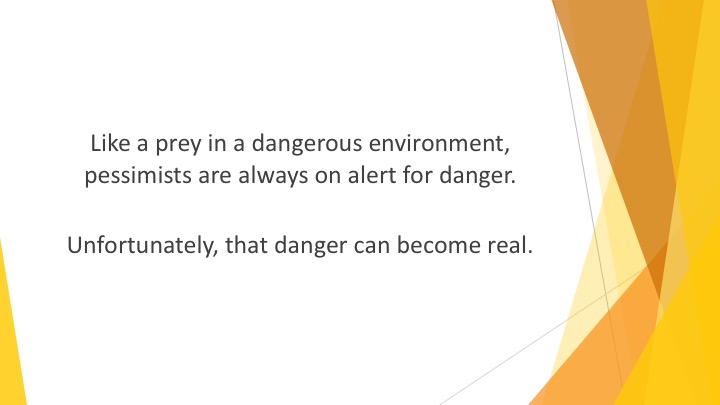
**S3** : If optimism is a mindset, pessimism can become one, as well. Pessimists view the world suspiciously as dangerous. Danger could be lurking around any corner.

Not surprisingly, this very negative view of life can easily lead to depression and anxiety.



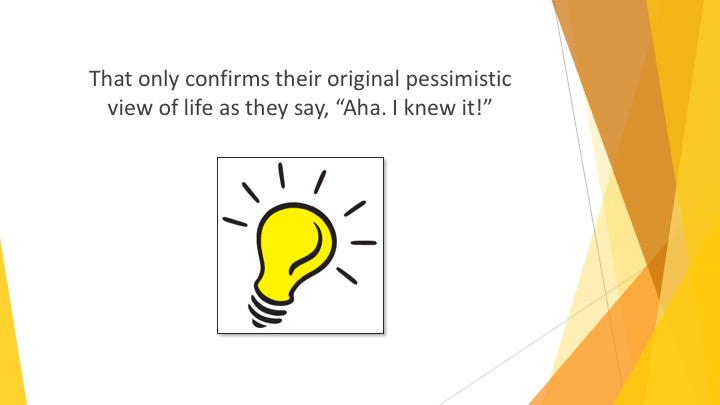
**S4** : Pessimism doesn’t just happen. Usually, it is meant to serve as protection against loss and disappointment.

If a person experiences tremendous loss, especially when young, it can leave a tremendous imprint on the mind.



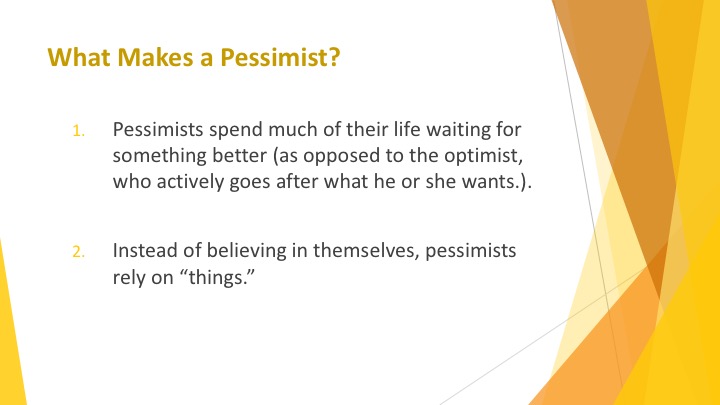
**S5 :** The brain readily erects a protective shield against further pain. When viewed this way, pessimism can be very logical. Like a prey in a dangerous environment, pessimists are always on alert for danger.

Unfortunately, that danger can become real.



**S6 :** Just as optimists draw good things toward them with their mind, pessimists can actually court bad luck with negative thinking.

That only confirms their original pessimistic view of life as they say, “Aha. I knew it!”

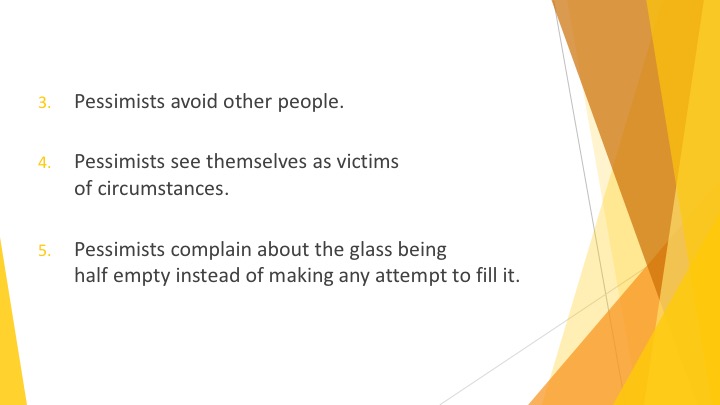


**S7 : What Makes a Pessimist?**

1. Pessimists spend much of their life waiting for something better (as opposed to the optimist, who actively goes after what he or she wants.). The future is the pessimist’s salvation. “I’ll look for romance when I’ve lost ten pounds.” “I’ll start my own business after the kids have graduated.” “I’ll make more friends after I get a raise.”

The reason given doesn’t matter. Any excuse not to act will do. The pessimist is not one to take risks or face possible failure. Since life doesn’t offer any guarantees, the pessimist spends much of his or her life hoping and wishing …

2. Instead of believing in themselves, pessimists rely on “things.” They’ll be fine if they get that house, that car, that suit. Chasing possessions is a lot easier than chasing dreams.

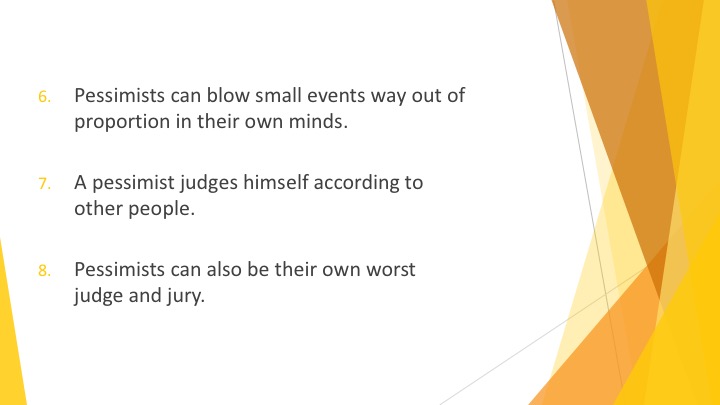


**S8 :**

3. Pessimists avoid other people. Loneliness, of course, only makes them feel more negative. But people involve risks, the possibility of rejection … all those things that the pessimist avoids.

4. Pessimists see themselves as victims of circumstances. It’s their default position. Since life can be filled with so many obstacles, the pessimist feels out of control. He can’t help what is going on. Deep down, the pessimist feels helpless to change the things he would like to change. So, he does nothing.

5. Pessimists complain about the glass being half empty instead of making any attempt to fill it. This simply reinforces the negative belief that the glass will always be unfilled.

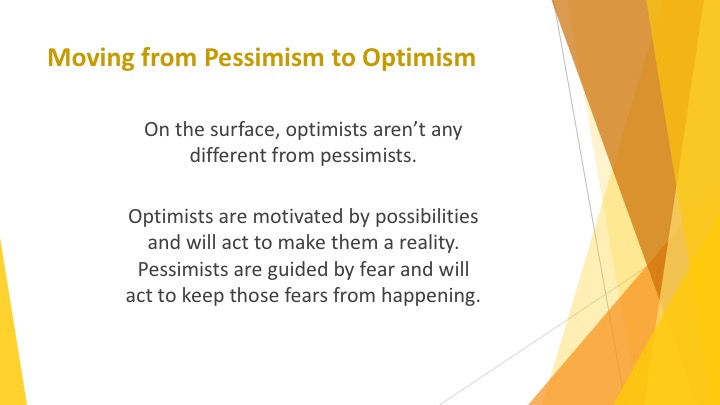


**S9 :**

6. Pessimists can blow small events way out of proportion in their own minds. What an optimist sees as a temporary setback is an invariable a life-shaking event to the pessimist. A fender bender is proof that all people are careless and stupid. A suggestion from the boss to change a report means that the boss hates you and believes you to be totally incompetent. Pessimists thrive in crisis mode.

7. A pessimist judges himself according to other people. If his neighbor has a better car, he considers himself a failure. The optimist holds himself to his own standards

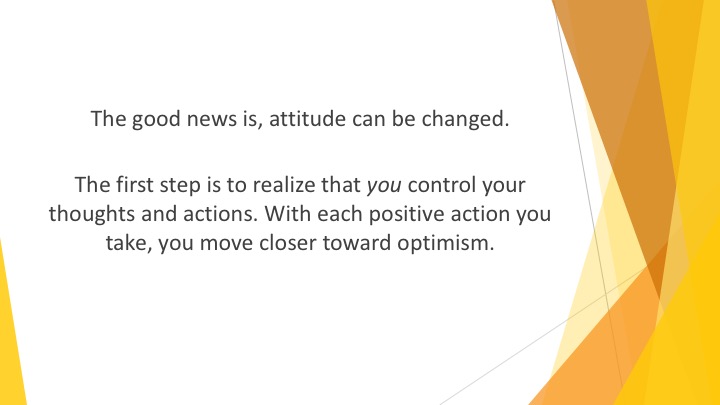
8. Pessimists can also be their own worst judge and jury. They question every action and can find themselves “guilty” if perfection isn’t achieved. Optimists are not concerned about perfection; they will continue trying even if they know they may falter. It’s the trying that is crucial, not the result. This is a critical point. If perfection is the only gauge of success, no one would continue to try.



**S10 : Moving from Pessimism to Optimism**

On the surface, optimists aren’t any different from pessimists. They can look alike, have the same ability, and yes, the same dreams. So, what’s makes them different? Attitude.

Optimists are motivated by possibilities and will act to make them a reality. Pessimists are guided by fear and will act to keep those fears from happening.

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**S11 :** The good news is, attitude can be changed. It won’t happen overnight.

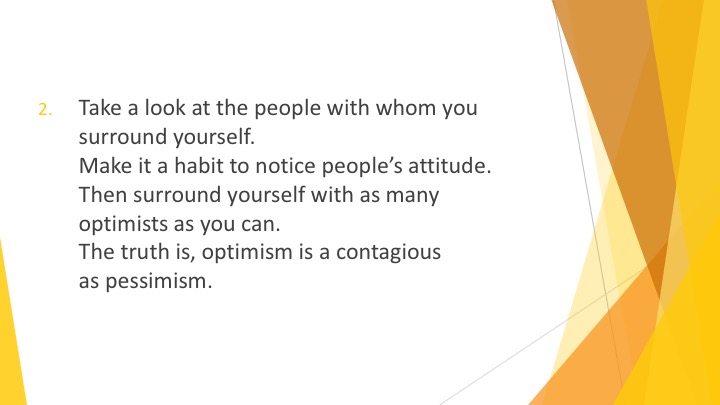
The first step is to realize that you control your thoughts and actions. With each positive action you take, you move closer toward optimism.



**S12 :**

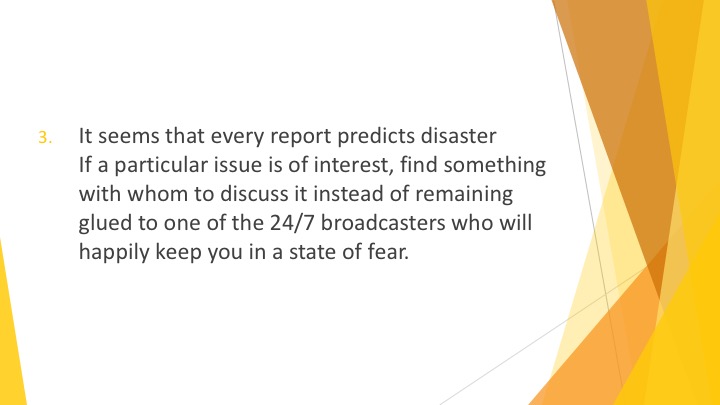
1. Many optimists don’t even realize that negativity has taken over their lives. It’s become a natural, safe way of thinking. Consciously consider alternative possibilities. For example, you’ve been sitting at home, waiting for someone to call. You wait and you wait, and the phone doesn’t ring. Your automatic reaction is to assume that the other person obviously doesn’t like you. The situation is viewed in the worst possible light. Challenge yourself to consider if there might be another reason for the silence. Could he or she be extremely busy? Perhaps there has been a personal emergency. Did he or she lose your number?

The optimist would initiate a call him or herself. He or she might get rejected, but there are always other opportunities. When faced with the choice to act or not, asked yourself, “What have I got to lose?”



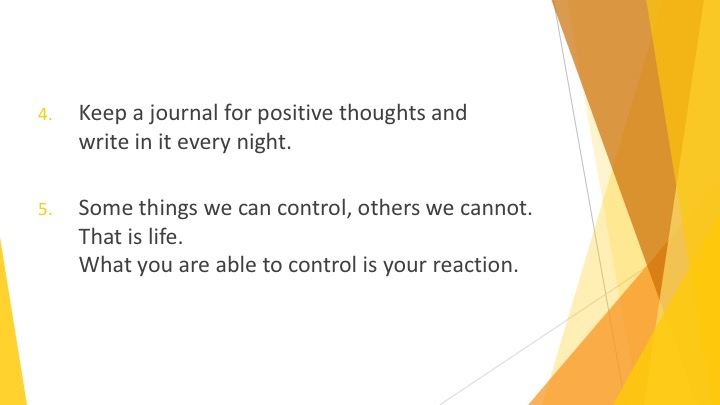
**S13 :**

2. Take a look at the people with whom you surround yourself. It’s true that misery does love company. Like a bad cold, negative thinking is contagious. Pessimistic friends and family may be dragging you down in ways you don’t immediately recognize. Make it a habit to notice people’s attitude. Then surround yourself with as many optimists as you can. The truth is, optimism is a contagious as pessimism.



**S14 :**

3. Sad to say, the news these days could turn Pollyanna into the Grinch. It seems that every report predicts disaster. Bad news sells, so the networks are happy to deliver. But how much of this news actually affects you directly? Probably very little. Remain informed but limit your exposure to the news. If a particular issue is of interest, find something with whom to discuss it instead of remaining glued to one of the 24/7 broadcasters who will happily keep you in a state of fear.



**S15 :**

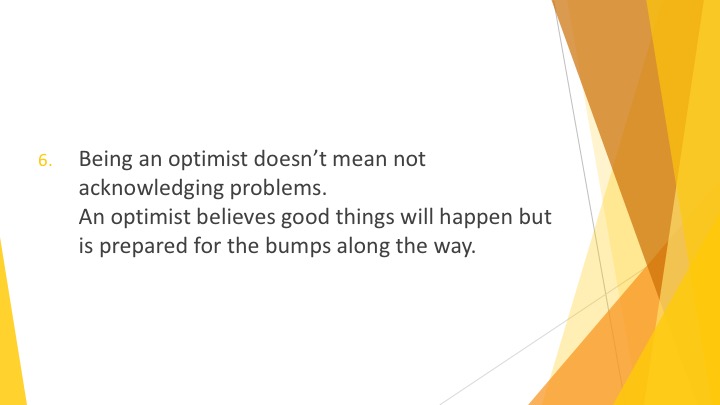
4. Keep a journal for positive thoughts and write in it every night. It needn’t be anything spectacular, like winning the lottery or getting a promotion. A journal will remind you of the little joys you experience every day – the aroma of that first cup of coffee in the morning; getting a seat on a crowded bus; the nice person who held the door for you. It’s easy to overlook these little pleasures when we are focused on negatives.

Becoming increasingly aware of the positive aspects of our lives helps up become happier on a very basic level.

While you are at it, take notice of your own random acts of kindness. Did you help a neighbor with his or her packages? Did you hold the elevator for someone? Get in touch with your own positive acts.

5. Some things we can control, others we cannot. That is life. You can’t control your company going out of business and you being unemployed. What you are able to control is your reaction. Will you panic and blame bad luck? Will you start to network and look for new opportunities? Will you go on an eating and drinking binge? How you handle adversity can easily determine your future.

Losing a job is hard, but it’s not the end. It just might be the beginning of something exciting.



**S16 :**

6. Being an optimist doesn’t mean not acknowledging problems. If you lose your job and respond with, “Oh, well, something will turn up,” you aren’t being realistic. Yes, opportunities do lie ahead, but it is up to you to make them happen. Consider your strengths and weaknesses and how you can best be an asset to a company. Acknowledge that money may be tight for a while and draw up a balanced budget. An optimist believes good things will happen but is prepared for the bumps along the way.