



HOW TO DEVELOP A POSITIVE ATTITUDE TO RESISTANCE?

Let us have a look at the things that you can do in order to face these situations bravely.

Firstly make a list of those kinds of things that threatens you the most, the things which at the very moment they emerge simply paralyze you to think and behave irrationally actually. You have to sit and give a thought that what aspect of the situation literally scares you and what do you exactly feel when faced with such a calamity in your life. What simply gets you down and what ultimately leads you to behave in the fashion that you land up behaving in this way at the end of the day?

So this should be the first step in dealing with your problems. As soon as you identify this you should fix an appointment with a therapist, there are quite a number of people who can really help people overcome these moments of stress. There are certain sets of negative feelings that always do a great job in pulling down the morale of the person. These are something with which a therapist would really help you to fight. So you can look up for guidance to a therapist.

You need to discuss the problem of those areas where you tend to make assumptions which are in no way accurate. You need to realize and identify these areas. For example there can be instances in your corporate life where you become very conscious and you constantly keep on thinking that you are being judged by people. And this really pulls down your level of confidence like anything and you are rendered incapable of performing well. But maybe your perception is absolutely not true. So you need to face this challenge and have it discussed with your therapist.

You can simply choose to think about those positive emotions that made you really happy and made you feel confident as soon as you find that these fears are getting the better of you. Just start thinking about those instances when you were extremely happy and felt at the top of the world. You have many self limiting behavior that holds you from moving forward. You need to conquer them with your positive attitude as much as possible. If required make note of those happy instants that gave an extra spring in your feet and try to overcome those feelings of resistance as much as possible.

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