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Positive Thinking or Just the Truth

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There's a lot of discussion about 'positive thinking." Quips from motivational speakers like "affirm the positive, visualize the positive and expect the positive, and your life will change accordingly." "Think positive and you will be positive." Of course, Norman Vincent Peale's classic book, "The Power of Positive Thinking.” Not to be outdone, Herm Albright wrote, "[a positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.](http://thinkexist.com/quotation/a_positive_attitude_may_not_solve_all_your/13666.html)" On it goes and we've probably heard it all, or most of it. There's some real value in all of this. Decades of working with people has taught me that there's something to positive thinking that's valuable enough to work it into our worlds and the lives of those around us. However, the concept of positive thinking may miss something much more valuable and significantly more fundamental. And what it’s missing is the power of the truth.

How much of your focus is on the negative rather than the positive?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree do you stop long enough in situations in order to look past everything that’s on the surface and ask “what’s the truth in this situation?”

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

What percentage of your life do you feel is lived in some diminished capacity because you haven’t taken the time to look at whatever the truth might be?

0 10 20 30 40 50 60 70 80 90 100

Think about three things in your life that you may need to reassess in order to determine what the real truth of the situation is.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In thinking about these three things, how will identifying the truth about them change their effect upon your life?