

Sample essay on avoiding and removing stress: seeing things from a more positive ...

[Experience](#), [Belief](#)



How we perceive things depends on our attitude. Two people may encounter the same event or situation yet will do differently, this is because different people have different perceptions and attitudes. Sometimes, we tend to look at the events in our lives in rather negative way. When we have the attitude of being pessimistic, then it is very rarely that we will succeed. On the other hand, if we always think positively, then we will see great opportunities even in the unlikely events that transpire in our lives. This is the summarized idea and message of chapter 5, to which I do agree. Sometimes the fear and negative thoughts in our minds are so powerful that it sets us almost immobilized, that we cannot do any productive thing in our lives.

Nevertheless, also think that a little fear is also necessary for us to become successful. There are some things that are worth risking and there are some things that are not. When we risk too much due to the absence of fear there is a great possibility that we make misjudgments about the difficulty of the task ahead and we fail, and our failure could give us stress.

In chapter 6, it was emphasized that we can discipline our minds; that is, we can control our thoughts. Perceptions are thoughts, and when we can control them then we can muster ourselves better so we have better control of our lives. This requires a better understanding of our selves. We need to become aware of what we think and we appear from other people's perspective. We have to do this cognitively. I think that we can discipline the mind if we are aware of how we act. Sometimes our ignorance of our own actions makes us to continue doing them and this brings stress to us and other people. Hence, we must really reflect about ourselves and our way of thinking, then think of ways that we can be better.

Work Cited:

“ Thinking and Choosing,” Chapter 5 and 6. Reading Material