

# ATTITUDE



Samuel Blankson

*Attitude*

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## **Introduction**

Today, we are blessed with the many benefits of modern technology. We can know of events around the world, as they occur, we can travel around the globe in less than a day, and we can communicate instantly, accurately, and reliably with, almost anyone, anywhere we choose.

Far from increasing our happiness, contentment, and enjoyment of life, most of us are unhappy, ungrateful, impatient, dissatisfaction, frustrated and estranged from our fellow men and women.

The views we hold of our lives and our world are tainted with distrust, resentment, and negative attitudes. Each hour, the world media churns out material to feed this negativity, through its printing presses and television and satellite stations.

The situation has reached crisis point, we no longer know what a positive mental attitude is, let alone how to escape our negative thought patterns, in order to search, find, and apply a positive attitude to our thoughts and actions.

This book tackles the monumental task of redefining your mental attitude, setting it to a positive polarity, and maintaining this polarity regardless of the negative media bombardment, and the challenges of modern day life.

**Samuel Blankson**

## **Chapter 1**

- *What is your mental attitude?*

## **What Is Your Mental Attitude?**

Your mental attitude is a complex mental state involving your beliefs, your feelings, your values, and your disposition to act in a certain way. The following four attributes make up your mental attitude:

- Feelings
- Beliefs
- Values
- Disposition to act

### ***Attributes Of Mental Attitude***

These attributes will shape your mental attitude, and through this, affect and control your experience of life.

To gain a better understanding of what your mental attitude comprises of, you will have to understand each of these attributes.

### **Feelings**

By having an intuitive understanding of something, you are said to have a feeling about it. These feelings do not require any justification or proof by logical, and or other means. Therefore you can hold feelings on illogical, unfounded and in some cases, ridiculous ideas and notions.

Often the intuitive part of feelings is questionable. Sometimes stubbornness can cause you to claim to hold an intuitive understanding, when you may not have such intuition about the subject matter.

Feelings are a great way of experiencing and applying intuition, however, when this tool is misused, it can stain your life with negativity. For instance; feeling that everyone is out to get you or feeling that you are worthless, undeserving of love, or a myriad of other negative feelings, can hold you back from

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fully experiencing life and adding to the beautiful mural of your life.

## **Beliefs**

Beliefs are cognitive content held as true, in other words, a set of thoughts you hold to be true, becomes your beliefs. These thoughts do not need to be true or false to become beliefs. The only prerequisite for thoughts to be converted into belief is that you believe in them. For instance, if you believe that walking under a ladder is bad luck, you will avoid doing so even if you are inconvenienced for taking this action. Your beliefs, however unfounded, will be true to you, and you will behave accordingly. You can tell by your actions, speech and thoughts on any subject, whether you believe in it or not.

## **Values**

When feelings and beliefs are combined, values are created. Your values are beliefs that you have some emotional attachment to. This emotional attachment, need not be only for, but can also be against the belief.

The integrity and structure of a value often crumble when tested. Today Neuro-Linguistic Programming (NLP) masters and psychologists can help remove some of these values simply by introducing doubt in a belief, more on this later. Your values shape the way you see and treat life, therefore, by changing your feelings and beliefs you can alter your values and thus change your life.

## **Disposition to act**

Others will first experience your values through your acts. By speaking, writing, or through action, you will reveal your values to others, and by them doing the same; they will allow you to experience their values. Having values allows you to select a course of action in many circumstances.

## *What Is Your Mental Attitude?*

In fact, the stronger your values are on a subject; the easier it is to decide a course of action to take, concerning that subject. You only hesitate in decision making when there are conflicts in your values and beliefs, or when you hold no feelings, beliefs, or values on a subject.

As an example, if you tend to raise your voice whenever you are in a debate or argument. You may have a feeling that you are not listened to in such situations (this could be intuitive or it could be based on a belief about how the person you are arguing with perceives you). Your value in this example may be that, in general, you are not respected by people, a particular group (children, the opposite sex, parents, teachers etc), or a particular individual. This value could result in you developing the disposition to raise your voice in such situations.

In the example above, you can see how the feeling of not being heard, can lead to the development of a belief about the listener, and a value of not being respected, resulting in a disposition to shout or raise your voice in circumstances when you feel you are not being listened to.

This is not the only combination of feelings, beliefs, and values that will create the disposition to raise your voice. In this book, we are primarily interested in feelings, beliefs, values, and dispositions to act that aid, or hinder the acquisition of a positive mental attitude.

If you allow your feelings, beliefs, values and disposition to act, to be negatively biased towards yourself, others, and the world, you will live with a negative mental attitude.

Cynicism, pessimism, and a dozen other words, describe attitudes of mind to avoid. You shall look closely at developing a state of mind that steers you far from the negative feelings, beliefs, values, and dispositions to act that lead to negative mental attitudes.