

ANTICIPATING SUCCESS

Psychologists have long recognized the ability people have to unconsciously create their future. Some people make things worse for themselves without realizing it. They expect things to go wrong and then, without really thinking about it, they do things that make their fears come true.

Other people seem to put themselves in situations that make their lives better. Of course, if you live a healthy lifestyle, work hard, and plan for the future, things are more likely to go better for you. A positive attitude that anticipates success also makes a difference.

Recognizing the importance of our unconscious wishes and needs, Solution-Oriented Therapy asks people to concentrate on how things will be in the future where their problems have less influence or may be absent altogether. Concentrating on the positive aspects of your life, rather than on your problems, directs your unconscious to make decisions that will be more productive and beneficial. The concept of a "self-fulfilling prophecy" is a very real psychological phenomenon. You can make your future better or worse - why not make it better?

Now reread what you wrote in the previous exercise. Is there anything you can do that is likely to make this happen? Even if it isn't directly related to a problem you are having, write it down. Make a copy of this exercise and read it frequently, perhaps once a week. Keep reading about the future. Convince yourself that it can happen. Keep thinking about even the simplest ways to make positive changes in your life.

Things to Do Differently to Make Positive Changes in My Life

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2. _____
3. _____
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