# Be Positive

"Life I Love You, All is Groovy"
SIMON & GARFUNKEL 1968

**Activity One** – ***How positive are you? Ask the questions to your partner.***

1. Are you optimistic?
2. Do you generally put a positive spin on things?
3. If rain is forecast will you cancel your weekend plans or pack waterproofs and tell everyone that you are sure the forecast is wrong?
4. Do you more often see the glass as half empty or half full?
5. Do you see the funny side of things when everything goes wrong or do you tend to get really annoyed and take days to get over it?
6. Do you forget the bad memories and move on, or try to remember them to prevent the same thing from happening again?
7. Do you accentuate the positive and eliminate the negative in each situation?
8. Do you wake up worried and preoccupied, or ready to start afresh?
9. Do you believe that if you are positive then positive things will happen to you, ie in good Karma?
10. Do you smile a lot, or frown a lot? Remember, a frown is a smile upside down!

**Activity Two** – Listen to the song, follow the lyrics and sing along!

## The Andrew Sisters & Bing Crosby-Accentuate The Positive

Think about answers to the following questions while you listen…

- Which different words represent positives in this song and which negatives?
- What advice is in the song and what examples?
- Which different verbs are used?




You've got to accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between
You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium
Liable to walk upon the scene
(To illustrate his last remark
Jonah in the whale, Noah in the ark
What did they do  Just when everything looked so dark)
Man, they said we better
Accentuate the positive
Eliminate the negative
Latch on to the affirmative
Don't mess with Mister In-Between
No, do not mess with
Mister In-Between
Do you hear me, hmm?
(Oh, listen to me children and-a you will hear  About the elininatin' of the negative  And the accent on the positive)
And gather 'round me children if you're willin'
And sit tight while I start reviewin'
The attitude of doin' right
(You've gotta accentuate the positive  Eliminate the negative  Latch on to the affirmative  Don't mess with Mister In-Between)

**Activity Three – Negative Sentences**

A negative sentence (or statement) states that something is not true or incorrect. A negative adverb has to be added in order to negate or "cancel" the validity of the sentence. This "negation" element is created according to the following general rule.

**The Rule:** In English, in order to claim that something is not true, you form a negative sentence by adding the word not after the first auxiliary verb in the positive sentence. (She is free – She is not free.)

If there is no auxiliary verb in the positive sentence, as in the Present Simple and Past Simple tenses, then you add one (in both these cases, the auxiliary verb do). (I play golf – I do not play golf.)

| Tense | Negative Element + Contracted Forms | Examples |
|---|---|---|
| Present Simple | do+not = don't<br>does+not = doesn't | I do not play.<br>She doesn't play. |
| Past Simple | did+not = didn't | I didn't play. |
| Present Progressive | am + not<br>is+not = isn't<br>are+not = aren't | I am not playing. |

Past was+not = wasn't

Present Perfect have+not = haven't

Past Perfect had+not = hadn't

Past Perfect Continuous had+not+been = hadn't been *She hadn't been playing.*

Future Simple will+not = won't *I won't play.*

Future Perfect will+not+have = won't have *He will not have played.*

Conditional would+not *She wouldn't play.*

Conditional perfect would+not+have *She wouldn't have played.*

Modals can + not = can't or cannot should+not = shouldn't *I can't play.*

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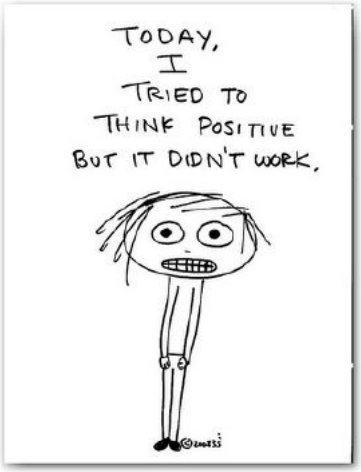
**Now make these sentences negative:**

1. I enjoy eating seafood.
2. I particularly like drinking champagne.
3. I would like to leave early.
4. She would have stayed late if she had the choice.
5. He ate a lot of food.



**Activity Four** – Let's read an article about the power of positive thinking.

## Positive thinking: Reduce stress by eliminating negative self-talk.Positive thinking helps with stress management and can even improve your health.

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits like optimism and pessimism can affect many areas of your health and well-being. The positive thinking that typically comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills. Here's how.

### *Understanding positive thinking and self-talk*

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach the unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

### *The health benefits of positive thinking*

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

### *Identifying negative thinking*

Not sure if your self-talk is positive or negative? Here are some common forms of negative self-talk:

- **Filtering.** You magnify the negative aspects of a situation and filter out all of the positive ones. For example, say you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. But you forgot one minor step. That evening, you focus only on your oversight and forget about the compliments you received.
- **Personalizing.** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- **Catastrophizing.** You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and

you automatically think that the rest of your day will be a disaster.

- **Polarizing.** You see things only as either good or bad, black or white. There is no middle ground. You feel that you have to be perfect or that you're a total failure.

### *Focusing on positive thinking*

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you're creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you typically think negatively about, whether it's work, your daily commute or a relationship, for example. You can start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.

**Questions –**

1. What did you think of this article ?
2. Do you think, judging from the advice and examples, that you are a person who thinks negatively, or positively ?
3. What's the best adviee in the article in yoru opinion ?
4. Do you think you will use these methods ?
5. What other advice can you think of – give a list of do's and dont's for positivity.

**Role Plays –** Invent and act out a situation, as a positive person would deal with it, and then again, the same situation as a negative person who deal with it.