

# COUNSELLING NEWSLETTER

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# POSITIVE THINKING

**WELCOME TO NEW SESSION**



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Positive thinking is an optimistic state of mind, which sees the bright side of life. Positive thinking is very powerful and helps in developing a positive attitude towards life, it is indeed an important quality a person can have.

Thinking positively means that you take control of your emotions. Even when you are thinking negative or pessimistic, stop - take a deep breath and think differently about the issue at hand - a **POSITIVE THOUGHT**.



Positive thinking reduces stress, lowers the level of depression and is good for overall well-being. Positive thinking comes with practice. The more positive you are the more positive energy you will attract in your life.

Use words like: **I CAN, I AM ABLE, IT IS POSSIBLE**, etc.

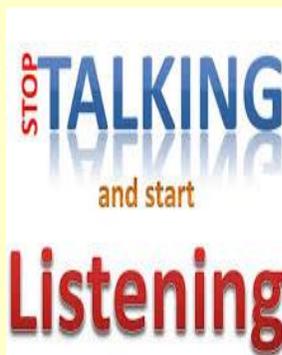
It was busy time at the EHSMS corner in the IES Art, Culture & Science Exhibition 2015. The activity arranged was to share **POSITIVE THOUGHT**. It was a pleasure to watch a good number of students, parents & staff participating so enthusiastically.

# S

Speak in such a way that others love to listen to you.

# L

Listen in such a way that others love to speak to you.



## BARRIERS TO EFFECTIVE LISTENING

In order to develop **EFFECTIVE COUMMUNICATION SKILL**, it is important to develop **EFFECTIVE LISTENING SKILLS**. Our personal relationships need effective listening skills to face complicated concerns and issues and the same is important in our professional lives as well.

For developing effective listening skills the first step is to be aware of the barriers to effective listening. Once we are aware of those barriers we can start working on eliminating them so as to have long lasting relationships.

Barriers to listening are present in our communication. Anything that stops concentration and allows our mind to wander off the topic must be recognized and eliminated so that a successful and meaningful conversation takes place.

- **Filtering.** Listening to only selected thing while ignoring others. You listen what you want to hear.
- **Distractions.** Fidgeting, doodling, yawning or looking around while someone is talking to you.
- **Rehearsing.** You do not pay attention to listening because you are busy in rehearsing what you are going to say.
- **Judging.** When we stop listening to the other person as we already have made up our mind about them.
- **Daydreaming.** When we stop listening and allow our attention to wander to other things and not paying attention.
- **Identifying.** Everything that you hear from the other person reminds you of your own experiences. You start telling about your experience before the other person can finish.
- **Advising.** You start advising the person and do not hear more than a few sentences.
- **Derailing.** We tend to derail the topic when we get bored with the topic.
- **Mind reading.** Instead of paying attention to what is being said, you try to figure out what the person is thinking and feeling.

## ACTIVE LISTENING SKILL

Effective communication comprises of active speaking and listening. **ACTIVE LISTENING SKILL** is a way of listening and responding to another person.

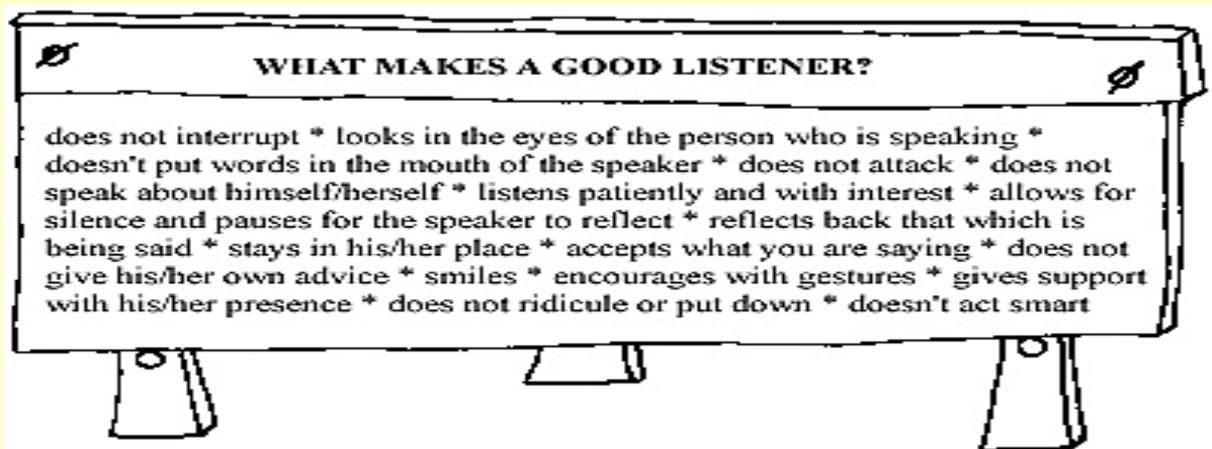
Active listening skill includes:

**OBSERVE:** Non-verbal Behavior.

**FOCUS:** Don't do anything else while listening.

**ACKNOWLEDGE:** Acknowledge the message, even if you don't agree with it.

**RESPECT:** Let the speaker finish.



### What active listening looks like?

**Active Listening**

**LOOKS LIKE:** 

- Eyes on speaker
- Still bodies and hands on lap or table
- Appropriate expressions
- Raising your hand to speak

### What active listening sounds like?

**SOUNDS LIKE:** 

- One voice at a time
- Appropriate comments and questions
- Quiet bodies
- Inside voices
- Waiting to be called on to speak

## CHANGE YOUR WORDS CHANGE YOUR MINDSET

We believe that we have certain sets of character traits, intelligence and abilities that make up our personalities. And we assume that our personality is static and that it cannot change which in fact is **FIXED MINDSET**. It is a belief that my intelligence, personality and character are carved in stone; my potential is determined at birth. While on the other hand **GROWTH MINDSET** does not attribute failure to unintelligence but as a way of stretching our existing abilities. Growth mindset is a belief that my intelligence, personality and character can be developed.

Our mindset predicts which kind of relationship we will be having, how we will be dealing with successes and failures in our life and ultimately our ability to be happy.

*Change the way you think.....*

*And you will change the way you LIVE*

- Instead of thinking: I'm not good at this.

**Try thinking:** What am I missing?

- Instead of thinking: I'm awful at this.

**Try thinking:** I'm on the right track.

- Instead of thinking: I give up.

**Try thinking:** I'll use some of the strategies we've learned.

- Instead of thinking: This is too hard.

**Try thinking:** This may take some time and effort.

There is a lot of power in our words. Whatever we say to ourselves becomes our reality. Moving from fixed mindset to growth mindset helps us in tackling negative thought in which we indulge in so frequently.

*“This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts.”*

Carol Dweck, Mindset

**Once your mindset changes, everything on the outside will change along with it.  
(Steve Maraboli).**