Presentation on Positive Thinking, Cognitive Behaviour and Development

Knowledge Management Forum
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Thoughts refer to ideas or arrangements of ideas that result from thinking. (Reference: WIKIPEDIA)

For example-
Weather is not much cold today
My English speaking is excellent
I can never finish my work in time, I’m good for nothing
Life becomes meaningful through works of life.

According to Hara Estroff Marano, editor in chief of "Psychology Today" magazine, the average person generates 25,000 to 50,000 thoughts per day.
THINKING

The Act or Process of producing thoughts is Thinking.
(Reference: WIKIPEDIA)

Thinking is processing of “Data” either received by sensory organs (Eye, Ear, Nose, Tongue, Skin) or the data stored in our Brain.

Thinking process develops from childhood as a child gets stimulation and support from adults.

Thinking allows humans to make sense of and interpret the world they experience.
What You Perceive??
What You Perceive??
Types of Thinking & Thoughts

Thinking

Positive Thinking

Positive Thoughts

Negative Thinking

Negative Thoughts
Positive Thinking


\[
\begin{align*}
\text{\{ air} & \quad \text{\{ water} \\
& \quad \frac{1}{2} \quad \frac{1}{2}
\end{align*}
\]

\begin{align*}
\text{technically,} \\
\text{the glass is always} \\
\text{full.}
\end{align*}
Negative Thinking Mechanism is Life-threatening

Negative thinking is responsible for most of our Psychological problems, i.e.

**Anxiety Disorder** (Panic disorder, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Generalized anxiety disorder, social phobia etc.), **Personality Disorder, Mood Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Addiction and Depression**

Studies shows that about 1 million (1,000,000) people commit **suicide** each year in the world and **90%** of those who commit suicide were dealing with a mental disorder and depression.
Brain and its Neural Network
Our Physical & Mental Functioning Depends on Establishment and Maintenance of our Neural Networks
How Automatic Thoughts Influence Us?

- Subconscious Mind
- Experience
- Beliefs
- Behaviour
- Emotion
- Situation
- Automatic Thoughts
- Thoughts
- Perceptions
- Sensation
Cognitive Behavioural Theory/Therapy (CBT) by Aaron Temkin Beck, an American Psychiatrist

Cognitive Behavioural Theory is based on the idea that our *thoughts* cause our *feelings* and *behaviors*, not external things—like people, situations, and events. We can change the way we think to feel and act better even if the situation does not change.
Cognitive Behaviour Theory

1. Thinking
   - My classmates do not like me

2. Feelings
   - I feel sad

3. Behaviour
   - I avoid my classmates

Actions

Thoughts

Emotions
## Example of a Situation

<table>
<thead>
<tr>
<th>Situation</th>
<th>Automatic Thoughts</th>
<th>Emotions</th>
<th>Behaviour</th>
</tr>
</thead>
<tbody>
<tr>
<td>You had an argument with your boss</td>
<td>I'm going to be fired!</td>
<td>Anxiety</td>
<td>???</td>
</tr>
<tr>
<td></td>
<td>How dare he speak to me like that!</td>
<td>Anger or Frustration</td>
<td>???</td>
</tr>
<tr>
<td></td>
<td>He doesn't like me.</td>
<td>Sad or Depressed</td>
<td>???</td>
</tr>
<tr>
<td></td>
<td>He wants my growth.</td>
<td>Grateful</td>
<td>???</td>
</tr>
<tr>
<td></td>
<td>I have got a new idea.</td>
<td>Happy</td>
<td></td>
</tr>
</tbody>
</table>
# Brain Development Milestones

<table>
<thead>
<tr>
<th>Brain at Birth</th>
<th>6 Years’ Old</th>
<th>14 Years’ Old</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Brain at Birth" /></td>
<td><img src="image2.png" alt="6 Years’ Old" /></td>
<td><img src="image3.png" alt="14 Years’ Old" /></td>
</tr>
</tbody>
</table>
Human Brain is **NOT** a Fixed Hardware
Brain can Change throughout of Life

Recovery of a Damaged Brain through Neuroplasticity

A) A segment of one brain hemisphere is damaged (shown in red), resulting in a loss of a particular function.
B) Over time, the opposite hemisphere can take over the lost function in the damaged hemisphere (shown in green).
If you Start to BELIEVE you can, you CAN forever...

22-year-old American long jumper Bob Beamon made worlds’ greatest and most impressive Olympic record at October 18, 1968 in Mexico City (8.90 meter i.e. 29 feet 2¹⁄₄ inches) and smashed previous world record by almost two feet.

His record stood for almost 23 years, people started to believe that the record is unbreakable.

Finally, Beamon’s fellow citizen Mike Powell exceeded him by 5 cm at 1991 World Championship in Tokyo (8.95 meter i.e. 29 feet 4¹⁄₄ inches).
Development is a Life-long Process

- Think Positive
- Feel Positive
- Act Positive

THANKS

- Neuroplasticity
- Cognitive Behavioural Theory/Therapy (CBT)

- Higher Development
- Peace and Happiness
- Better Contribution and Better Life