



The King's (The Cathedral) School
Peterborough

Mindfulness:

Understanding the Positive Intentions of Negative Thinking

**‘You are what you think,
and what you think you
are’**

- Author unknown

**‘For there is nothing
either good or bad, but
thinking makes it so’**

- William Shakespeare



In Practice [1]

- Know that every emotion has a positive purpose.
- No emotion is either bad or pointless. When you experience a 'negative' emotion, if you understand the positive purpose behind that 'negative' emotion, it can help you to think more positively about the situation, and to do something about it.



In Practice [2]

- The positive intention of sadness, for example, is to slow you down and allow you to take in and accept what has happened.
- Sadness then helps you to adjust, to get used to different, changed circumstances.



In Practice [3]

- Disappointment is a form of sadness.
- The positive purpose of disappointment is to prompt you to identify what went wrong and for you to work out what needs to be adjusted or changed in order to lessen the chance of similar disappointments in the future.



Thinking about anger...

- Anger is a natural reaction to feeling wronged by something or someone.
- It's a reaction to unfairness, dishonesty, being treated badly, being let down or being ignored.
- So, what do you think might be the positive purpose of anger?



The positive intention of anger

- Anger is a powerful motivating force; it can motivate you to put right a wrong, to get what you want.
- It can also let others know how strongly you feel about something



Thinking about jealousy...

- Jealousy happens when you feel that someone or something is threatening something that you value; you worry that someone will take what you have.
- What do you think the positive intention of jealousy could be?



The positive intention of jealousy

- Is to protect you from losing out; to alert you to the fact that you may need to up your game, to make an effort to improve, or to guard against something slipping away from you.



Thinking about embarrassment...

- Embarrassment is the feeling of something improper or ridiculous having happened to yourself or someone else.
- What do you think the positive intention of embarrassment could be?



The positive intention of embarrassment

- Embarrassment is a sign that you care about how others see you; that you regret what you said or did and that you acknowledge it and are sorry.
- In other circumstances, embarrassment is a sign that you don't approve and want to distance yourself from what someone else did or said.



Thinking about boredom...

- Boredom happens when you lack interest in what is happening; the situation you are in is dull and tedious.
- What positive aspects might there be in boredom?



The positive intention of boredom

- Is to prompt you either to find a new way to engage with and be interested in the situation that is boring you.
- Or, if you can, to leave the situation and do something else.



Try to learn the positive intentions of a range of 'negative emotions'

- Then, in any one situation where you experience a 'negative' emotion, you will be less likely to get stuck in the emotion and be more inclined to think and respond in a positive way.

