



## Ray Edwards Show, Episode 568 Negative Thinking- A Self-Inflicted Wound

**Ray Edwards** 00:00

I see negative people everywhere. It's crazy. So many people that I associate with think of themselves as positive people, I think of them as positive people. And yet, as I listened to our conversations, I've discovered that many of us are still very negative in our thinking. Couple things I want to cover in this episode. First of all, I want to talk about the fact that I've often said, I'm not into positive thinking. Well, I want to amend that make sure you understand what I'm saying. I'm not into positive thinking, where it's like denying reality and saying, for instance, there are not problems in our economy, there are problems in our economy, and we can overcome them, they present opportunities for us as entrepreneurs, to make more money to generate more profits to help more people. So there's always something good that can come out of even bad things that happen. I talk about the fact that I'm, I'm not a fantasy optimist, who just believes everything's always going to work out because I love Jesus. I do love Jesus, by the way. And I know there are going to be problems, even Jesus promised us he said, "In this world, you will have trouble". That's a promise from the man. So I think a Rational Optimist is not one who believes the best will always happen but is one who believes they will always find the best in whatever does happen. That's an important distinction. I'm going to aggregate a bunch of conversations I've had, over the last couple of weeks, with about half a dozen different people, whom I always have considered to be positive people who are now extraordinarily negative, and they don't even see it. And it caused me to start looking at myself and realized, even I have picked up some of this stuff, some of this negativity, and we got to stop it. We got to stop doing that because it'll destroy us. I am overall a very positive person, a very optimistic person, I always see the best possibilities out in front of us in the future. Now, occasionally, I get discouraged. Occasionally I get down. I get, I get kind of tired or weary of things that are going on that I'm that are out of my control. And I do get frustrated, I don't want to paint the wrong picture here. I'm not saying I'm always happy 100% of the time. But my overall direction, my overall overarching way of thinking about things is a positive expectation of good things to come. And yes, I believe I'm divinely guided by God in that direction. And if you don't believe the same thing, then at least, I'm inviting you to listen to what I'm going to share, and perhaps it will make more sense to you. And if not, you can just disregard it. So this is not about one particular person, although I'm going to talk about it as if it is. So I was having a conversation with one person in particular, who had I've always thought of as like being simpatico with me, like

synched up in my positive outlook for the future. And as I spoke with her, she was saying things like everything I would bring up, I would say, you know, there's an opportunity for us to expand in this market and go in this direction. And she would say, well, the economy is shrinking in that area. The inflation rates are up, people can't afford houses. And as we talked about different things that are happening in the marketplace, and how it affects or doesn't affect our businesses. I realized everything she said was negative. I at one point, confronted her on this and said, Hey, you're sounding awfully negative right now. Are you aware of that? And she's like, No, I'm not. Here's the here's the key. She said, I'm just being realistic. Look, realistic people don't change the world. Unrealistic people who have unrealistic expectations, I don't remember who said this originally, it's a quote, I could probably Google it. George Bernard Shaw said, "The reasonable man adapts himself to the world. The unreasonable one, persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man". That's what I'm talking about. That's the attitude we need to adopt. We can't allow ourselves to fall into these patterns of negative thinking that are so common, especially these days, those patterns of negative thinking will destroy us. I'm not talking about magic, or sorcery, or the Secret, or the law of attraction or any of that stuff. I'm talking about the way you think affects how you feel, which affects what you do, which affects the results that you get. So if you're thinking negative all the time, you're going to see more negative results show up in your life. It's just how it works. Negative thinking is a self-inflicted wound. Stop wounding yourself.

#### **Ray Edwards 04:56**

I'm begging you please don't do this to yourself. The most interesting part of this is the people that I see who most rigorously defend their negative position about the state of the world right now are very intelligent people. Why is it that such smart people take such a stupid view of the world? I'm just gonna say it. This is stupid. It's a stupid way to think. Because it leads you down the road of hopelessness. And you're just going to if you're hopeless, you're going to do less, you're gonna have less, you're gonna be less. That does not make sense to me. Does it make sense to you? I hope not. Look, the reason this is so important, is your beliefs affect how you process the world, if you believe the world is negative, that the economy's bad, nobody has any money. There's inflation running rampant, bad things are going to happen through the government through the Health Organizations, through other countries, other people, whatever the thing is, you think is going to make things bad, whatever the current bad news of the day is that you're running through your brain, you're going to see and experience more of that. And it's going to feel like you're attracting it into your life, law of Attraction people, it's because you're noticing it more. And the more you notice it, the more it affects your feelings about your life, the more it affects your actions in your life, the more it affects the results you have. Now, you've got evidence that the world is in fact, going to hell in a handbasket. And I just don't believe that's what's happening. When we back up and look objectively at the numbers, so many things are trending upwards. And yes, there was a dip over the last couple of years. And yes, there are bumps in the road. And yes, there are bad things happening right now we need to put a stop to, but we're not going to do it through our negative thinking. We're only going to do it through our positive expectation of good things to come, that we can affect, we have agency in. If you think the world is a place of abundance, where there's always opportunity, and you're always looking for the opportunity. The seeds of opportunity that lay within the soil of every adversity, then you're going to find those things, you're going to be aware of them, you're going to be looking for the connections, the people, the situations that allow you to step up and do something creative, and make something good, where there was something bad before. This is the nature of

entrepreneurs, this is what we do, and what we must do. So as bad as you think things are, you got to stop with the negative thinking. And, look, I am not a fan of positive thinking when we're talking about the Pollyanna unfounded belief that everything's going to be okay, that everything's gonna work in your favor. That's that's delusion. Things happen that are bad. People get sick, people die, there are pandemics there are disasters, there are terrorists, and all those things are true. But that's not the overwhelming reality that most of us are living in all the time. And the fact is, I'm a Rational Optimist. And what I mean by that is, I don't believe that the best things will always happen. But I do know that I will make the best of whatever does happen. And you can adopt that same attitude. And you can pull some of your greatest triumphs, some of your greatest rewards, out of the darkest hours of adversity you encounter. And this is something that I find even as I look in Sacred Scripture, and I see where the apostle Paul wrote in the book of Romans, that all things work for the good of those who love God, and who are called according to His purposes. The last time I checked, all things means all things, even the things we think are bad. Does that mean that everything bad that happens is actually good? No, that's doublespeak. That's 1984 garbage. There's enough of that in the media right now. We

### **Ray Edwards** 08:59

don't need we don't need to engage in that. But what it does mean is we can look at whatever bad thing happens and ask, okay, I don't like that this just happened or that this is going on, However, what does it make possible? To quote my friend and mentor, Michael Hyatt, what does this make possible? What can I learn from this? How can we use this to better life for ourselves and others in the future? What am I willing to do to not have this ever happen again? What am I willing to stop doing? So this doesn't ever happen again. There are all these great growth questions. We can ask ourselves out of every situation, and we can begin to grow opportunity where once we saw only disaster. When you're looking for the good in every situation, you will find it. You will find coincidences or even miracles that make you feel as though life is happening for you, as Tony Robbins says, not to you. That's a real feeling- that's a feeling you can count on, that the divine grace of God is following you in your life and no matter what happens, God's going to help you find a way to make a good situation out of what was a bad situation. It happens. And the fact is, I don't believe it happens for people who are primarily negative, whose outlook is business is not going to get better. I can barely make enough to get by. I can barely make my payroll, the government makes it hard. These, these kids today don't have any work ethic. I can't change them. It's just how things are. If you adopt that fatalistic, negative mindset, you're gonna find yourself stuck in that place, and you're gonna find plenty of evidence to support your victimhood mentality. And the problem I'm seeing that really has me perplexed is that so many of the people I see adopting this mentality today are people I never thought I'd see do this. I never thought I'd see the day when they were thinking like this and they don't even know it. They don't even realize they're doing it. They've just come to accept that because of the events of the last couple of years. This is just now how things are. In other words, this is their new excuse. And as my good friend Doc Rock says, "Your excuses are valid." Your excuses are valid. You wants your excuse to get you off the hook. So you don't have to rise up to meet the occasion. Your excuses are valid. Give up. Be a fatalist, be a nihilist, just be Eeyore. Oh, things are bad. Business is off. Nobody wins. Don't mind me. I'm just in a bad mood all the time for the rest of my life. Thanks for noticing me. That's Eeyore. I'd rather be a Tigger. The wonderful thing about Tiggers is Tiggers are wonderful things. Their tops are made out of rubber. Their bottoms are made of the springs. They're bouncy, bouncy, bouncy, bouncy, fun, fun, fun, fun, fun. Oh, the

most wonderful thing about Tiggers is we can all be one. Let's do that. Let's take on the Tigger spirit. And let's look for the good in every situation. Because it's there. The obstacle is the way. Yes, I'm even quoting Ryan Holiday now. I mean, this is this is a sign from God things. things are good. This is something I know. Circumstances come and go and they're out of your control. But your attitude is 100% your fault.

**Ray Edwards** 13:00

Whichever way it goes, I'm encouraging you, I'm urging you think positive, write some positive copy for your own brain and read it back daily. Say statements that are true, you can get behind and understand that they are true. Statements like the best does not always happen. But I always make the best out of whatever does happen. The obstacle that seems to be in my way, is actually the path that will lead to my success and allow me to become the person I need to be to win that next victory. Choose positive statements that give you hope for good things to come and stand behind that. And let's cut off all the negative speaking. Let's speak of the good to come and how we're going to create it together. Until next time, my prayer for you is that God will give you more good things than you could ask or even possibly imagine. And I believe that he will. Peace to you. Peace to your house. Live long and prosper. I'll see you next time, my friend.