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Doctor's Journal

General Recovery - Embracing the Good

Do you expect good and even wonderful things to come your way in life? There are those who have trouble envisioning God's big blessings coming their way. Most were raised in environments wherein the number of negative events and experiences far outweighed the positive ones. No one helped them feel special or dreamed big dreams with them about the future. Such persons grow into adults who expect life to be hard and void of rewards big and small. They resist embracing the positive relationship opportunities right in front of them, because they expect relationships to be distant or damaging. Or, they expect they will just be a burden to others, like they felt they were in their families. They project their negative expectations onto the world, looking mostly for the bad, and they usually find it!! This is because what we look for and focus on in life grows. Do you recognize this negative thinking pattern? Are you ready for a change? Why not try to visualize a life where God works personally and powerfully to bring you good gifts and joy? Expect to find safe people with whom you feel truly accepted (of course, you will have to stop making excuses for why you cannot spend time with them when they come along and jump right in!). Start looking for the good in yourself and others, and you will find it!