

# **Positive interpretation serving as a tool for clients identifying and replacing inaccurate thoughts**

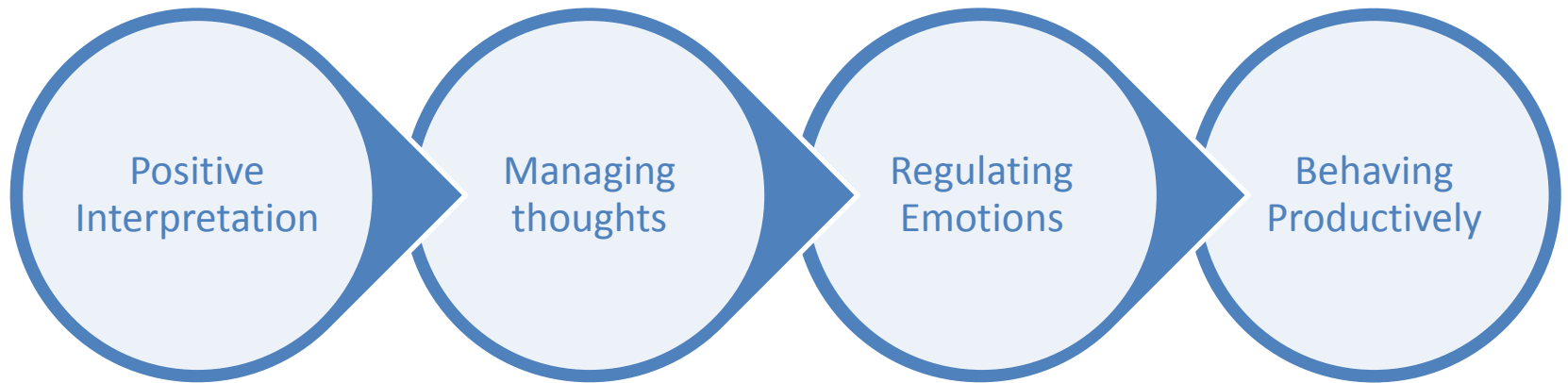
Solomon Abebe  
Certified Positive Psychotherapist  
Counseling Psychologist

**Tolerance and  
wisdom plays a  
great role for  
change**

# Positive interpretation plays a great role in strengthening our mental status



# Positive...



# Positive...

When conscious  
thoughts becomes  
evil

exposed us for  
irrational and  
inaccurate thought

communication  
issues, relationship  
problems, and  
unhealthy  
decisions.

# INTERVENTION/ACTIVITY TESTED

Designed a study to understand the power of positive interpretation for identifying and replacing inaccurate thoughts.



# METHOD

Ethnographic analysis

Personal Interpretation collected during first interview

Supported the client to interpret his/her problem positively

Client requested to interpret his/her problem after getting the therapy

Data collected from 140 clients with in a year

## SOCIODEMOGRAPHIC CHARACTERISTICS OF CLIENTS

### SEX

Male

88

Female

52

### AGE

<25

20

25-29

52

30-34

34

>35+

34

### MARITAL STATUS

Currently married

35

Widowed

18

Divorced/Separated

43

Never married

44

### EDUCATION

Not attended formal school

9

Diploma

69

BA

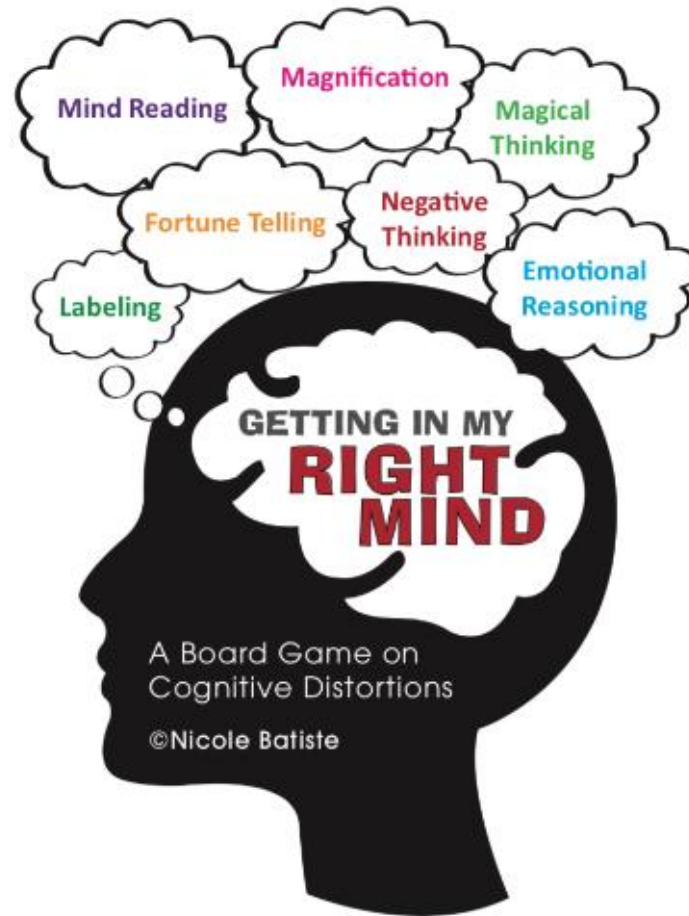
44

Master and above

27



# COMMON THINKING ERRORS OBSERVED AMONG CLIENTS



# COMMON THINKING ...

All-or-nothing  
thinking



# COMMON THINKING...

Overgeneralizing

Always

Never

All of Them

None of Them

Everybody

Nobody

All of the Time

None of the Time

# COMMON THINKING...

Filtering Out the  
Positive



# COMMON THINKING...

Catastrophizing  
Current and  
future situation

WHAT IF THINGS AREN'T AS  
BAD AS I MAKE THEM OUT TO BE?

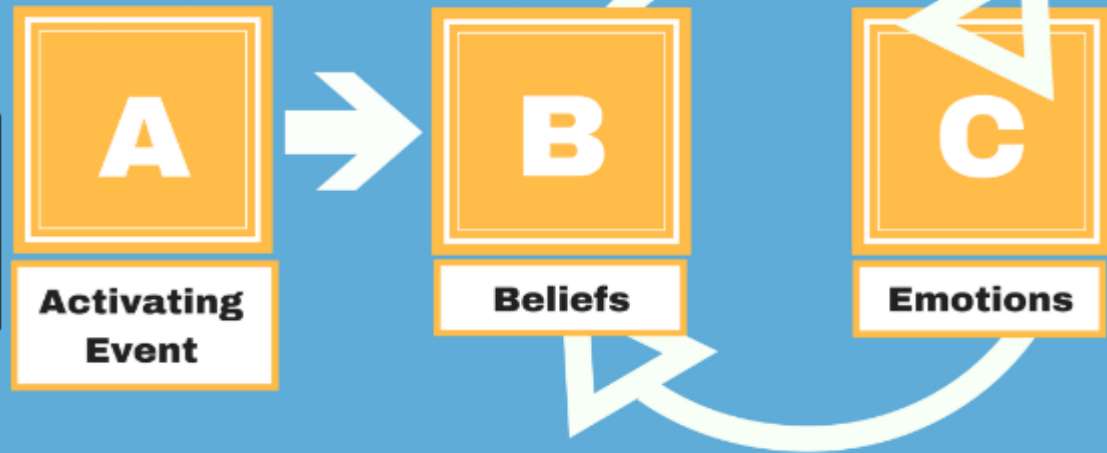
CATASTROPHIZING

THE TENDENCY TO BLOW CIRCUMSTANCES  
OUT OF PROPORTION BY MAKING PROBLEMS LARGER THAN LIFE.



# COMMON THINKING...

Emotional Reasoning



# COMMON THINKING...

## Labeling

***“I'm a failure” instead of “I made a mistake”***

# COMMON THINKING...

## Jumping to Conclusions

### A. Mind Reading

*With out checking, we arbitrarily conclude that someone is reacting negatively to us*

### B. Fortune-telling

*“I’m really going to blow it. What if I flunk?”*



# COMMON THINKING...

## Personalization

Clients hold themselves personally responsible for an event that isn't entirely under their control.

# Summary of Clients Negative thoughts observed before PPT

***“I am not good person”***

***“I can’t do it..”***

***“ I’m not as lucky as other people...”***

***“I don’t think I’ll ever...”***

***“I should be better than I am..”***

***“I am not strong enough..”***

***“ Nobody cares...”***

***“I am not clever enough...”***

***“If I don’t do well, I am a failure..”***

***“Worst case scenario...”***

**Change  
is not  
always  
spontan  
eous.**



# Paradigm shift of interpretation

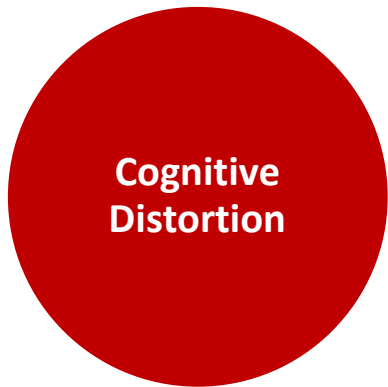
**Depression**

**Missionary interpretation**

*“ Despondent, with a prevailing passive attitude”*

**Positive Interpretation**

*“ The ability to react to conflicts with deep emotion”*



# Summary of Positive thoughts observed after PPT

***“I am worthy of all I desire in this life, just like everyone else.....”***

***“I can do whatever I put my mind to...”***

***“Good things can happen to me too...”***

***“I am confident I will...”***

***“I am making an effort to change what I don't like...”***

***“I am strong enough to deal with this...”***

***“People do care about me...”***

***“I am going to try, I am not scared of failing, that is not what is important...”***

***“The best will happen...”***

**Our mind gives  
due attention for  
Impressionistic  
tactics...**

# Results/key findings

Positive interpretation can create real value in the clients life and help them to build skills that last much longer than a smile.



# Results...

Negative emotions narrow the mind. Thus, we should give due attention focusing on thoughts

# Results...

**Positive interpretation helped clients to see other options and choices that surround them.**

# Result...

**Broaden sense of possibilities**

# Result...

**The mind will be ready to build new skills and resources that can provide value in other areas of life.**

**Result...**

**Improved achievement**

# Result...

**Helps to reduce routine stress**

# Result

**Boost clients  
confidence**



# Result...

**Improve clients social  
contacts and social  
bondage**





# Result...

**Improve the capacity to make informed decisions**

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graph LR; A[Information & Engagement] --> B[Decision]; B --> C[Action]
```

**Information  
& Engagement**

**Decision**

**Action**

# Implications/lessons:

- Positive interpretation will serve as a radar guides to influence our behavior our interactions with others.
- It creates a plat form for deeply understand our feeling, other people, and the world in general.

**Change  
requires  
commitment  
like an  
eagle**



