

An Innovative Approach towards Pain Removal

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Abstract— This paper strictly aims at counter acting negative thoughts that arise in one’s mind using non mathematical methods. The essence of this paper lies in the fact that the solution to counter these negative thoughts is done by simple day to day methodologies and psychological hacks. Although the whole process may incur some time but eradication of negative thoughts can be attained after a stipulated period of practice of the solution given below.

Keywords—Elastic Band; Negative Thoughts; Positive Thoughts; Pain; Regular Practice)

I. INTRODUCTION

Our thoughts are very powerful in nature. They can shape our brain in many ways. They not only shape it, they reshape it, continuously. Every time you have a thought, an experience, learn something, your brain has changed. And you may say, “Sure... I know this,” but what you may not know is this isn’t just a figurative concept, its physical. Your thoughts literally, change your brain. Let’s discover how.

In your brain there is a collection of synapses separated by empty space called the synaptic cleft. Whenever you have a thought, one synapse shoots a chemical across the cleft or empty space to another synapse, thus building a bridge over which an electric signal can cross, carrying along its charge the relevant information you’re thinking about. It’s very similar to how nerves carry signals from the sensation in your toe all the way up to your brain where it’s actually “felt”. Every time this electrical charge is triggered, the synapses grow closer together in order to decrease the distance the electrical charge has to cross. The brain is rewiring its own circuitry, physically changing itself, to make it easier and more likely that the proper synapses will share the chemical link and thus spark together, making it easier for the thought to trigger. So yes, your brain is physically changing itself. “The exciting and fascinating thing is that the synapses you’ve most strongly bonded together (by thinking about more frequently) come to represent your default personality: your intelligence, skills, aptitudes, and most easily accessible thoughts (which are more-or-less the source of your conversation skills).” Mind blown. This means that you can actually physically mold a positive mindset by thinking positive often. You’ll create synapses that fire closer together. So what he’s saying is when you have positive thoughts and negative thoughts, if you were to have those positive thoughts more often you increase the chance of having positive thoughts because those synapses move closer just by having them. Even if the same instance may also trigger a negative thought to fire, by having thought positive more often, the positive thought will beat out the negative thought by completing the connection first. By continuously thinking positively, bravely, graciously, lovingly, and any other positive way you can think of, you reduce the chances for negative, sad, pessimistic, or fearful thoughts to beat the positive ones. Stress is another thing that can negatively impact your brain. The more you fire synapses of stress, anger, hatred, jealousy, fear, the more stress you build up and the more your brain releases the stress hormone cortisol.

Psychology today gives a greater explanation of why this is bad. The stress hormone, cortisol, is public health enemy number one. Scientists have known for years that elevated cortisol levels: interfere with learning and memory, lower immune function and bone density, increase weight gain, blood pressure, cholesterol, heart disease. The list goes on and on. Chronic stress and elevated cortisol levels also increase risk for depression, mental illness, and lower life expectancy. This week, two separate studies were published in Science linking elevated cortisol levels as a potential trigger for mental illness and decreased resilience—especially in adolescence. Cortisol is released in response to fear or stress by the adrenal glands as part of the fight-or-flight mechanism.

II. BACKGROUND

A. Negative Thoughts

Negative thoughts are associated with negative feelings such as sadness, anxiety, anger, and hopelessness. Often we are not aware of our negative thoughts as they occur automatically, seem reasonable and believable. The worse we feel, the more likely we are to think negatively and believe these thoughts to be true, even though they are unreasonable and unrealistic. Negative thoughts are experienced by all of us at some time but are more prevalent and extreme whenever we feel stressed, anxious, irritable or depressed.

Table 1: Characteristics of the Sample

Characteristics	Control Group	Major-Depressive-Disorder Group
Gender	8 Females, 7 Males	7 Females, 7 Males
Mean Age in Years	35.4(11.4)	41.9(13.2)
Mean Years of Education	16.1(2.1)	15.3(1.9)
Mean Hamilton Depression Rating Scale Score ¹	0.9(2.1)	16.8(3.9)
Mean Beck Depression Inventory Score ¹	4.8(8.9)	35.4(7.4)
Mean RRS-Reflection Score ¹	3.8(1.4)	7.9(1.8)
Mean RRS-Brooding Score ¹	7.1(2.9)	15.1(3.2)
Mean duration of current depressive episode in months ²	-----	36.2(54.0)
Mean number of prior depressive episodes ²	-----	8.8(7.7)
Number of participants with comorbid anxiety	-----	8
Number of participants taking meditation	-----	4

Note: Standard deviations are given in parentheses. RRS = Ruminative Response Scale

¹The two groups differed significantly on these measures ($p < 0.05$).

²Several depressed participants reported too many months or episodes to count.

B. Positive Thoughts

Positive thinking is a mental attitude in which you expect

good and favourable results. In other words, positive thinking is the process of creating thoughts that create and transform energy into reality. A positive mind waits for happiness, health and a happy ending in any situation.

Table 2: brief description about Teaching Sessions of Positive Thinking

Sessions	A brief description about the contains of the Sessions
First Session	Introducing, explaining the group regulations, and some other explanations about thinking
Second Session	The basic Principles in positive thinking, recognizing the symptoms and signs of positive thinking, analysis of the individuals attitude
Third Session	Fighting against negative thoughts, changing mental images
Fourth Session	Using language to state informative words, rethinking about beliefs, maintaining positive behaviors
Fifth Session	To love the self, respect to self, internal enemies
Sixth Session	Creating Optimism, creating elation, creating self esteem, goal selecting
Seventh Session	Control of emotions and sensations (removing guilt-feeling, control of anger, fighting against anxiety, avoidance from jealousy, self-assertion)
Eighth Session	Basic steps for self-assertion, saying "no"
Ninth Session	Creating a positive environment, maintaining health and its effect in positivism, establishing good relations with the others
Tenth Session	Fighting against routine problems of life, control the life events

C. Psychological Pain

Psychological pain or mental pain is an unpleasant feeling (a suffering) of a psychological, non-physical, origin. A pioneer in the field of Suicidology, Edwin S. Shneidman, described it as "how much you hurt as a human being. It is mental suffering; mental torment." There is no shortage in the many ways psychological pain is referred to, and using a different word usually reflects an emphasis on a particular aspect of mind life. Technical terms include Algopsychalia and Psychalgia, but it may also be called mental pain, emotional pain, psychic pain, social pain, spiritual or soul pain, or suffering. While these clearly are not equivalent terms, one systematic comparison of theories and models of psychological pain, psychic pain, emotional pain, and suffering concluded that each describe the same profoundly unpleasant feeling. Psychological pain is believed to be an inescapable aspect of human existence.

III. WAYS OF THINKING POSITIVELY

Practicing positive thinking in the workplace: It has been observed from surveys that at an average of 7 to 8 hours people spend in the workplace. So the most waking hours of a day people are spending in the workplace. We spend much of our time in the workplace, so give yourself something to look forward to. Focus on your strengths for a happier working life. If you could feel happier, boost your self-confidence, feel more energetic, be less stressed and feel more effective – would you do whatever it takes? It can be as simple as finding your strengths and putting them to work. We all have strengths, and identifying our best attributes can have a positive effect on work and life in general. Positive thinking in the workplace is extremely important. When our thinking is positive, our attitude is positive and we transfer a feeling of success to our colleagues. In other words – we transfer energy and enthusiasm to those around us. People feel good towards us and are more willing to help us. Successful leaders create a positive and inspiring workplace culture. They know how to set the tone and bring an attitude that motivates their colleagues to take action. As such, they are likeable, respected and strong willed. They don't allow failures to disrupt momentum. Positive attitude in the work place have many benefits. It helps to improve communication within the employees in the organization. It not only helps for better teamwork but also increase morale of employees which ultimately leads to better productivity.

IV. SOME WAYS OF POSITIVE THINKING IN THE WORKPLACE

You need to practice and make positive thinking your prevailing attitude towards life. This will transfer towards positive thinking in the workplace. So, for making it prevailing attitude positive thoughts should be entered. It takes as much effort to think about the negative as it is for the positive. Focus on the positive and expect a positive result. Associate with colleagues with a positive attitude. Read inspiring quotes. These are simple ways to create a habit of positive thinking in the workplace. Positive thinking in the workplace focuses on solutions. When work goes bad and not in the desired direction, a positive thinker concentrates on solutions instead of the problem. Most of the time it is observed that, some colleagues have a natural tendency to point fingers when things do not go right? They tend to whine and complain instead of starting to work on a solution immediately? Positive thinkers live up to the challenge of the problem and commit themselves to seeking a solution to the problem. They do not dwell in unproductive activities. When people are assigned with new projects or assignments, which they are not familiar with, they develop many negative thoughts in their mind, such as "Oh no, I am never ever able to do this." When this happens, it ends up dwelling on it and wasting precious time.

Positive thinking in the work place involves thinking in these words – "I can", "I will", "I am able", "I am ready". It also involves taking the initiative to seek answers and solutions and

to be proactive in learning about the information needed to complete the assignment. A positive thinker in the workplace concentrates on the assignment and is not distracted by negative thoughts.

A. Methods

The Human Brain also knows as the fastest computer enhances and processes information in an unimaginable speed. This leads to the birth of thoughts that occur almost every

second when an incident takes place in front of an individual. These thoughts can be both positive and negative, Scientist say that an individual takes more effort in thinking negatively than positively. These negative thoughts generally lead to anxiety, stress or depression in many cases. Now, there are medical treatments to cure these ailments, but there is a simple solution which will help in curing of these negative thoughts and in the long run depression and stress as well.

“Pain inflicted on human body α Refraining from doing an activity”

The above equation clearly states that pain inflicted on the human body is directly proportional to refraining from doing an activity. That is, if more pain is inflicted it will stop an individual from doing a certain task. The brain associates pain in a direct proportion from refraining of doing an activity. If one is inflicted with pain while doing one activity he will surely refrain from doing the same. So, simple foot put forward, we tie an elastic band onto our wrist seeing to it that it is not very tight to cause any stretch marks and pressure on the nerves. Whenever a negative thought gets triggered in our head, instead of forcing ourselves to think positively, we will prick ourselves once with the band. When we get pricked, we feel pain as a result of which we will refrain from thinking negatively because the mind will be put into a habit that whenever it will think about something negative it will be pricked with the band which will lead to a painning sensation. This habit will take time to develop as it is proved that a new habit takes at least 21 days to develop. So, the cue would be a negative thought being triggered, the action would be pricking yourselves and the result would be evasion of negative thoughts with time.

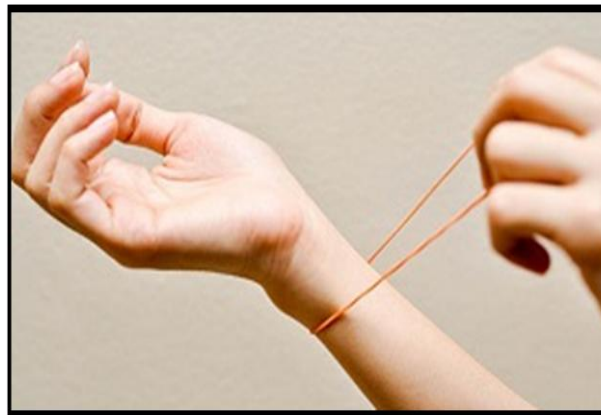
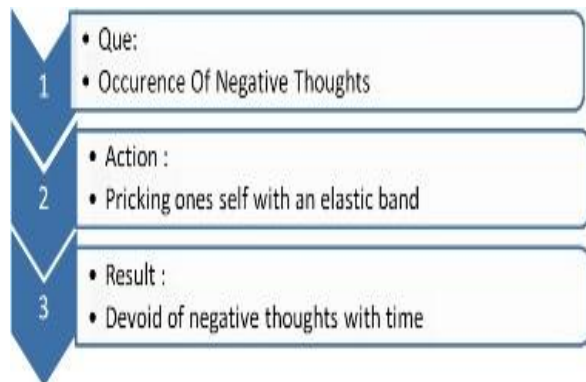


Fig 1: How to prick yourself when negative thought occurs

CONCLUSION

It is seen from regular practice that if the above stated habit is applied on a daily basis then the problem of negative thoughts will be eradicated in a stipulated period of time.

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