

### Artical History

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## THE POSITIVE AFFECT IN THE PERSONALITY

العوامل الايجابية في الشخصية

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### Abstract

When we fail in life, we are looking for something which help us to start or get up again and keeping the energy in the case of the weakness ,we need to strengthening all the positive elements to start again is the puzzle, So What man needs to overcome despair, Weakness and disintegration and grant us strength be stay in the life and continuity in order to stand on content basic and Solid. What is that character and what are the positive characteristics ? that we must cultivate and develop in ourselves? The dream it is the basic, that is first step of everything followed by imagination which help to reach the realization of the dream, The hope we need in the life which we must direct good guidance until we reach the goal.

A dream and imagine with hope can manufactured the positive personality in the Society that does not know the impossible, Let us the strong and we can live in the life with hope the important time is that never give up. The status of human is connecting with other people and be his activity with them, Each person his his motives Lead him to achieve his ambitions and desires cause people help to get high station in their Society .The imaging, dreams and thinking that three Words which

have a secret power when the mixture Should do giving birth anew work of mind in large activity and get a large effect on human personality to get the best.

The soul prefers be imagine, we know intuitively that soul has bode with genuineness and depth, When Look closely at image of Soulfulness, you see that it is tied to life in all its particulars ,good food, Satisfying conversation, genuine friends and experiences that stay in the memory and touch the heart, the care of the soul is a sacred act. Anew method for solved the problems that we can Lased by used the spiritual power be Showing the experience as reality. The aim of the purpose of dreams is to quid a tools for problems solving. A deep breathing and relaxation be woeful for problems Solving. A thinking second basic more goodness to clear cut the Spices are to the problems slaving: it is about arresting life and making it available for sent contemplation.

### الملخص

هذا البحث يتضمن العوامل التي يجب أن يبدأ بها الانسان ليفتش عن الأمل ويعمل عليه في سبيل الوصول الى الهدف وهي لا تتوفر هذه العوامل في الطبيعة . لذلك يجب علينا أن نخلقها , نضيفها , نميها , ثم نقويها في شخصيتنا . العوامل تتضمن التخيل , الأحلام إضافة الى التفكير الإيجابي , أضف اليها الأمل والإرادة للوصول الى الهدف . كل تلك سوف تصنع الامل الذي يعطينا القوة لنبداً من جديد . نتيجة للتقدم هنالك عدة أشياء سقطت وأشياء أخرى حلت مكانها , لكن هذه كانت اساسيات الحضارة الإنسانية , والسؤال هو كيف نذكر الجيل بهذه الأشياء ؟ نحن يجب أن يكون لدينا الجواب , بسبب , كل الباحثين يحملون أنفسهم أكبر مسؤولية في أسعاد المجتمع والأخذ بيده يسير الى الصدارة والتكيف في الحياة والمقدرة للتغلب على المصاعب التي تواجهها في الحياة .

عندما نسقط في الحياة , نفتش عن شيء ما يمكن أن يساعدنا لنبداً أو نهض من جديد وللحفاظ على طاقتنا في حالة الضعف , نحتاج الى تقوية كل العناصر الإيجابية .

أن نبدأ من جديد ذلك هو اللغز , لذا ما هو الشيء الذي يحتاجه الإنسان للتغلب على اليأس , الضعف , الانحلال , ولينحه القوة للبقاء في الحياة والاستمرارية في سبيل النهوض والتواصل بشكل أساسي وصلب .

فما هي الصفات الإيجابية ؟ ماذا يجب أيجاده وتنميته في نفوسنا ؟ الحلم . هو الأساس , وهو أول خطوة لكل شيء يتبعه التخيل الذي يساعدنا للوصول لتحقيق الحلم . الأمل نحتاجه في الحياة وبشكل مباشر للقيادة الجيدة ثم وصولنا الى الهدف .

الحلم والتخيل مع الأمل يمكنه تشكيل الشخصية الإيجابية في المجتمع , والتي لا تعرف المستحيل , لنمنح الكل القوة . يمكننا أن نعيش في الحياة مع الأمل والوقت المهم هو عدم التخلي عنه ابداً . ووضع الإنسان مرتبط بالآخرين ومدى فاعليته ورغباته تجعل منه وتساعد في الحصول على وضع ممتاز في المجتمع .

التخيل والاحلام والتفكير ثلاث كلمات تحمل القوة السرية وعند مزجها معاً سوف تعطي الإعزاز للعقل للعمل من جديد , وبنشاط أكبر يؤدي الى إعطاء فاعلية كبيرة في شخصية الفرد نحو الأفضل .

الروح تفضل التخيل , لعلمنا حدسياً أن الروح تقزم بالعمل بصدق عميق , عند النظر بجديّة الى التخيل الذاتي , سوف ترون هذا الارتباط بالحياة في كل تفاصيلها . فالغذاء جيد , والحديث المرضي , والاصدقاء الحميمون , والتجارب التي تروم في الذاكرة وتلمس القلب . العناية بالروح هو سر في , والطريقة الجديدة لحل المشكلات التي يمكن أن تواجهنا , باستخدام القوة الروحية وبالتعامل مع التجارب كحقيقة , ذلك هو هدف الإصلاح لتوجيه كل الوسائل لحل المشكلات التفكير من جانبيين هو الأكثر فائدة لتوضيح الصورة لحل المشكلات : هذه للحياة الرائعة ولجعل الأمل متاح للجميع .

### INTRODUCTION:

**Imaging , drams and Thinking** that the three magic words which have a secret power when mixture them should be born anew work of mind in a large activity, all

them should make the hope which gave the power to start from anew way in the life. .

The status of human is connecting with other people and to his activity with them ,so that the art is not about the expression of talent or making of pretty, things.it is about arresting life and making it available for contemplation.

**First**, step of the human to start moving is very important because that are the ray to seek for the hope ,then you will be work for that to reach the goal .this research is includes these factors ,which cannot found in the nature so that you must create it, add them and must grow it ,to be strengthen it in your personality .

**(The live without hope is no life ) . (Dostoevsky)**

**Dream + imaging + positive thinking = hope +will = goal**

As a result of the progress ,they were many things had fell, the other replaced but these are considered as the basics of the human civilization ,these element(imagine, dream, thinking) are very necessary and we should try to remind ,generation those in the society and take his hand to walk in front in order to adaptation in the life and get him the ability to overcome hardship which faced in his life .

### ***Section one:***

#### ***Rang of Imagine And Dream***

**Imagine, what is that ?How it work .**

The Imagine: is a kind of laser bean of the (shaft of laser bean in which the desired goal our outcome)pictured a vividly by conscious mind. Or

Imagine :is forming of the deep mental pictures ,assort of visualizing.

The strange images which affect us most strongly are the self-images that we can develop in the mind as we can move through the years.

(Norman,1982:5-14)

**Imagining** surround every moment of our lives ,we were exposed to its power from the moment we are born and when we are seen around the life ,you will find that there is many example for man and woman which used their positive elements in their personality and being a very famous in their society . The imagining work when you need to have a wings ,although images can travel across a space and time ,affect the action of others, for that ,you must respect the time and you shall gave it more important in your life . Although you must be kept in your mind ,however ,that imagining is not a magic for male, simply by some kind of mental trick. To feel and imagine not need sound like much, but only you must know the language of your mind, for a care of soul that is trust that nature heals ,that much can accomplished by not-doing ,the assumption is that being follows imagination .

**The guided imagination:** define as the process of thinking and through it ,previous experiences are arranged to create a new perception imagination is the peer of creativity without imagination .

**The mental imagination** :is a set of methods ,means, activities and method of evaluation that help to achieve the objectives and have a plan geared towards a particular goal.

**The Scientific imagination** :is an image or imagination mnemonic thing or event gives the subject of experience some structural in formation quite similar to that under the experience in direct perceptual processes of that thing or event.

**The creative imagination : (innovative ):**it is a kind of elusive inspiration which is a sculpted term combining phonetic imagination and geometry that kind of self – reflection leads to great but rare achievement .

It is in tow stage :

1-Divergent thinking stage: is ability to think of wide range of ideas ,it is fast ,automatic.(natural).

2- Convergent thinking stage: it helps us evaluate these ideas and supported the analytical thinking and it is slow enough to allow us to identify the right idea.

Imagination creates things that can exit or can happen in the future .

**The stage of imagination power of man :**

1-The stage of realism and limited imagination ,( 3 – 5 years).

2-Imagination stage premise ,( 6 – 8 years ).

3-Adventure stage and curiosity , (8 - 12 years).

4- The ideal stage ,(12 –and more years).

About the positive imagination we must know how can be work to get the best steps in the life and how can deal with that imagining as a true, this technique is affect in just about all important areas of living than actually be good for you .

When you fall into our various compulsive behaviors and moods ,then you might should know how can move through them more freely and with less distress. First put the goal in front of your eyes to select what you want in a best way ,then put that in your mind . As I say ,take the goal and run after that goal in a different way with high speed then you can caught it and achieve it .I think there is a powerful and mysterious force in the human nature that is capable of training about dramatic improvement in our live. This powerful is the imaging effect on the thought and performance.

(prew.M.1995;5)

### **Imagination catalysts :people live in three pictures .**

- 1- Automatic spontaneous images :like imagine the image of the broad caster whenever we hear his voice in the radio.
- 2- By motivation and excitement : like stories and novel.
- 3- Internal self – direction to generate creative ideas: like to solve the problem and trying to find the best solution .

### **Add with them :**

4-The desire to achieve dreams ;give your courage to fulfill our wishes.

5-Runway from reality : when there are no away and closed the doors of real world ,you can imagination with your own world.

Imagination is what drives us forward as human being, and expands our world and brings us new ideas ,inventions and discoveries.

**The imaging** of loving ,caring ,fear ,worry ,and unclear thinking just about every problems under the sun ,so that ,I think that the problems are an essential and necessary in gradient of life. Energy imaging is a positive thinking carried from one step to another and that energy making a human to put off the best number in the life examine. Then being have the will to reach the goal.

The imagination does open doors to solving and to the goal achievement ,but once those doors open there must the problem be solved or the dreams is became reality

I believe that **(God will make a way where there is no way)** .

A goal only wish or dream until it is written down and pursued for that ;I always divinely, guided .

This mean if you image something long enough and hard enough you can attach yourself to Credible spiritual power.

A wise man once said **((be very careful what you wish for ,because you may get it))**

To feel and imagine may not sound like much .but it is trust that nature heals that much can be accomplished by not- doing .The assumption is that being follows imagination ,if we can the story ,we are in when we fall in to our various compulsive behaviors and moods, then we might know how to move through them more freely and with less distress.

### **What is the dream? and what happens when we dream ?**

**The dream** for some have called it a **vision in the night suggesting that the experience was real, then ,no actual experience seem real in fact ,and yet, it not actually happen if the dream is real ,it is some other kind of reality** .so on different faces from reality ,others called it a trip the soul makes to account for the presence of faraway scenes. The energy circulates the body with a mind control, this energy effect ,whoever ,should not be restricted in the night till wakening . this energy has force began by manifesting itself in two ways : as

- 1- A force of attraction .
- 2- The force of repulsion.

On and off , up and down ,in and out ,black and white, plus and minus ,male and female.....

There are some of variations on the motif of apposite according to the human nature . Sometimes it is useful to understand that dream figures are like angels .they

look human, but their world is the realm of imagination ,where the naturel and moral laws of actual life are suspended.

The purpose of dreams is the guidance just as adult perspective ,the soul examines the experience of the person from the viewpoint of life and the time of learning .

(Norman ,1982:85)

Probably you have already a several psychic experiences in dreams without realizing them ,they must common and one of the most useful forms of the psychic ability that you can develop in your dreams.

### **Modern popular theories of dream:**

**a-The physiological or Heavy supper theory:** A heavy supper ,by drawing the blood for digestion may affect the circulation to the brain and so give a rise to dream.

**b-Personal reminiscence theory :** This popular and commonly accepted theory is that we dream of what happened to us the day before.

**c-The theory of Racial Reminiscence :** The dream of falling .just before dropping off to sleep .

**d-The premonitory theory :** The theory that dreams foretell the future or that dreams come true.

So that what we dream about last night may came to pass the day after tomorrow .such dreams ,however ,are satisfactory because they show the trend of coming events. They are in this sense premonitory ,the promise of better things to come.

### **Dream and the primitive mind :**

The primitive means as is ( primitive language ),they arise from a primitive part of our mind which ,like the mind of a small child, can think only in terms of concrete symbols and not abstract thoughts.

Dreams ,mind ,are subject to all these strictures

A)- **primitive thinking** is not abstract but concrete and that is one reason why dreams take form of symbols .

B)- **primitive thought** take place much more on the plane of sensations and perceptions than of ideas .its knowledge of the world comes through touch ,smell, taste and especially of the world comes through touch.



C)- **The lack of ability to relate cause** and effect .in rational thinking we say, "This happens because that happened " and we see a causal and necessary relationship between two .simply a assumes that because one thing happen after another ,that is caused by it .because they are linked in time.

Dreams ,coming as form primitive sources ,argue in such quite illogical way. they have their own laws of argument and we cannot expect to understand their meaning until we understand their language ,otherwise dreams just make non-sense as they do it most people .

### **Section tow:**

#### **Thinking away to the future .**

**Thinking :is a series of associated mental images derived from perceptual experience. Or**

**Thinking: it is the totality of mental form and processes performed by the human mind.**

Implicit in this work is the definition of thinking as neither more nor less than the content of consciousness .  
(Mandler,1964;2)

**Sir Frederic Bartlett** argue that thinking skill evaded from bodily behavior and he studied it from this standpoint from many years ,he distinguished three kind of gap-filling processes and he claimed that all thinking depends on one or more of them.

- 1- In the first gap is filling processes by **interpolation** .
- 2- In the second by **extrapolation** .
- 3- In the requires that the evidence given should be looked at from his special and often an **visual point of view** ,and that should be recomposed and reinterpreted to achieve desired.  
(Bartletted,195:22)

**The critical thinking;** (evaluating) and Creative thinking :

They deserve specific focus because they are likely to be the skill you have lost practice with .these skill most helpful for success in the life, Creative thinking will help you come up; will possible solution.

There are three types of thought that ;

- 1-Our brains produce : insightful (used for problem solving).

2-Experiential : (focused on the task at hand).

3-Insightful thinking: help us to do long. rang planning and problem solving.

**The skills of thinking :**

- 1- Remembering.
- 2- Understanding.
- 3- Applying.
- 4- Analyzing.
- 5- Evaluating.
- 6- Creating.

**Hope** :-is an optimistic state of mind that is based on reveal the results of positive **outcomes** with respect to events and circumstances in one's life, or the world at large :the word include "expect with conditions.

Or(is something that you want to happen ,or to be true).

**Elements of the hope :**

- 1- **Evaluation** :what we need.
- 2- **Prediction**: after knowing what we need .we start searching about him .
- 3- **Object** :follow to the project the object.

Hope such positive thinking of hope bears fruit with based on realistic sense of optimism ,not on a naïve "false hope ".The psychologist **Charles R. Snyder** linked hope to existence of a goal combined with a determined plan for reaching that goal ,Snyder also stressed the link between hope and mental will power, as well as the need for realistic perception between hope and optimism was that the former included practical.

**Elements of hope according to the scientist Snyder:**

- 1-The existence of great and lofty goal.
- 2-Think based on management and discover the a suitable means to achieve the goals and end.
- 3-capacity building activation and mobilization in order to reach the correct goals and objective, and stimulate the strong desire for action and venture .

As a specialist in positive psychology Snyder postulated that there are three mine things that make up hopeful thinking :

1-Goals - -Approaching life in a goal –oriented both ways –finding different way to achieve your goal.

2-Agency –Believing that you can instigate change and achieve these goals.

3-Positive thinking – hope was defined as the perceived capability to derive both ways to desired goals and motivate oneself via agency thinking to those both ways.

The hopes that are based upon these facts are hopes as to the general well – being that may be realized if mankind learned to practice the cooperation which modern techniques demand .there are it is true ,correlative felling ,for which there is perhaps as good basic in the present state of the world as for hopes that I have been setting forth.

The best talk tools for problem solving and when you know that you would put the schedule and a couple meeting to discuss and answer for these questions:

**What is the problem ?**

**What are so solutions to the problem?**

**What solution will you try ?**

**How will you evaluate our success?**

You will be deal with these questions as you proceed through six stages of problem solving ,they are :

**1-Relating** --- understanding and validating each other.

**2-Focusing**---narrowing as pacific problem to solve.

**3-Brian storming** – creativity generate potential solutions.

**4-Selecting**--- choosing one or two solution to try out.

**5-Formalizing**--- committing to carry out agreement.

**6-Recycling**--- generate successful solution .

(Markman,:239)

To remove the worry and clearly thinking you must know the main needs of human ,as **Maslow** said:

1-physiological needs.      2-security needs.      3-love needs.

4-Need of respect.      5-Needs – Actualization.

More clearly the five level of needs that indemnified by Maslow beginning with the most basic are:

- 1- Physiological needs: for air ,food ,drink, sleep, sex.....
- 2- Security needs: for safety ,stability, protection from harm or injury.
- 3- Belong and love needs: for acceptance and approval ,need to feel ,warm affection and lasting devotion with children ,parents and close friends need to feel part of social groups .
- 4- Esteem needs : for self –esteem based on achievement ,mastery , competence, freedom, independence , desire ,for esteem of other (reputation ,prestige, recognition ,status).
- 5- Self – actualization : for self-fulfillment , being true to your self-realizing ,fully the potential of your capabilities.

### **A will: is conscious determination to perform a particular art .**

It requires a goal and means to achieve this goal and management is the result of a mental decision .like the will of life, the will of good, the will of power, which means the struggle for existence.

The linguistic meaning of freewill :**it is the ability of person to think** ,act and action his own choices without being forced or directed by external forces.

The concept of free management among philosophers has been linked to power ,forced and choice several streams crystallized them:

**1-Forced stream** --he believes that man is obliged to do his actions and not have any freewill ,is captive to the divine will only.(he is a prisoner of divine will, only)

**2-Stream selection**--he see that man creates his own action and not God man is a choice not a conductor ,he has the power to do what he chooses.

**3-The stream of fatalism** -- means the correlation between the will of the slave and creation of God to act ,create the act of God alone .

Will is important as one of the part of mind ,along with reason and understanding .it is ethical because of its role in enabling deliberate action. One of the recurring questions in the western philosophical tradition is that of freewill –and the related ,but more general notion of fate ,which ask how the will can be truly free if a person's actions have either natural of divine cause which determine them.

### Type of wills included:-

1-**Nuncupative (Oral or dictated)** : often limited to sailors or military personal.

2-**holographic will**; written in the hand of the testators in many jurisdiction the signature and the material terms of the holographic will must be in the hand writing of the testator.

**The will and ways of hope** : Hope involves the will to get there, and different ways to get there. The person who has hope has the will and determination the goal will be achieved ,and asset of different strategies at their disposal to reach their goals.

**A goal: is an idea of the future or desired result, that a person or a group of people envision ,plans and commits to achieve.**

### Goal characteristics:

1-**Importance**: is determined by a goals attractiveness ,intensity , relevance ,priority and sign.

2-**Difficulty** :is determined by general estimates of probability of achieving the goal .

3-**Specificity** : is determined if the goal is qualitative and ranges from being vaguely to precisely .

4-**Temporal range**: id determined by the rang from proximal to distal and the duration of the goal.

5-**Level of consciousness** :refer to a person's cognitive awareness of the goal.

6-**Complexity of a goal** : is determined by how many sub goals are necessary to achieve the goal and how one goal connects to another.

The first point to make about care of soul is not primarily a method of problem-solving or to make life problem free. we ourselves have both the task and the pleasure of organizing and shaping our lives for the good of soul only.

The soul being explosive and powerful .through it is medium of imagination, which is always a prerequisite for action and is the source of meaning .it can accomplish all things . In the strength of its emotions ,the soul is a gun full of potential power and effect .

The pen doing as the expressing the souls passion.is mightier than the sword because the imagination can change the life of a people at their very roots.

Power soul doesn't work same way as it does in ego and will the power of the soul ,in contrast ,is more like a great reservoir or in traditional imagery ,like the force of water in fact – rushing river . It is natural ,not manipulated and stems from unknown source .

**What is the source of this soul power , and how can we tap in to it ?**

- 1- It comes first of fall from living close to the heart.
- 2- Soul power may emerge from failure, depression and loss.
- 3- The general rule is that soul appears in the gaps and holes of experience.  
other sources of deep concert peculiarities of personality ,or body.

**((be good at what you are good at ))**

### Conclusion

1-We all doing anything to work the three elements (imagine, dream, think),be try to create a new human\_

2-The positive imagination mean the new way in the live.

3-Dreams ,it is as the colors put on the shape of imagine to make a clear picture in the life. and the dreams help us to give the solution for some problems.

4-You have been using many thinking skill since childhood, then should that guide you to a safe life.

5-That is impossible for man live without hope ,it is like a ray shine in the life.

6-Put the goal in front of your eyes ,that shall get more one solutions ,to get that.

### **Recommendation :**

1-The human is more important in the live, so the imagination will be help him pass over the life difficulties .

2-let as take the simplest of the objective dream.to start the new life.

3-Very important need to develop thinking skill for success, and used the positive thinking in the best way.

4--More stronger to positive elements for get best will, by education programs in this subject.

5- When you stand on the top ,remember when you was stand before .so that you must remove the dust from your body quickly.

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