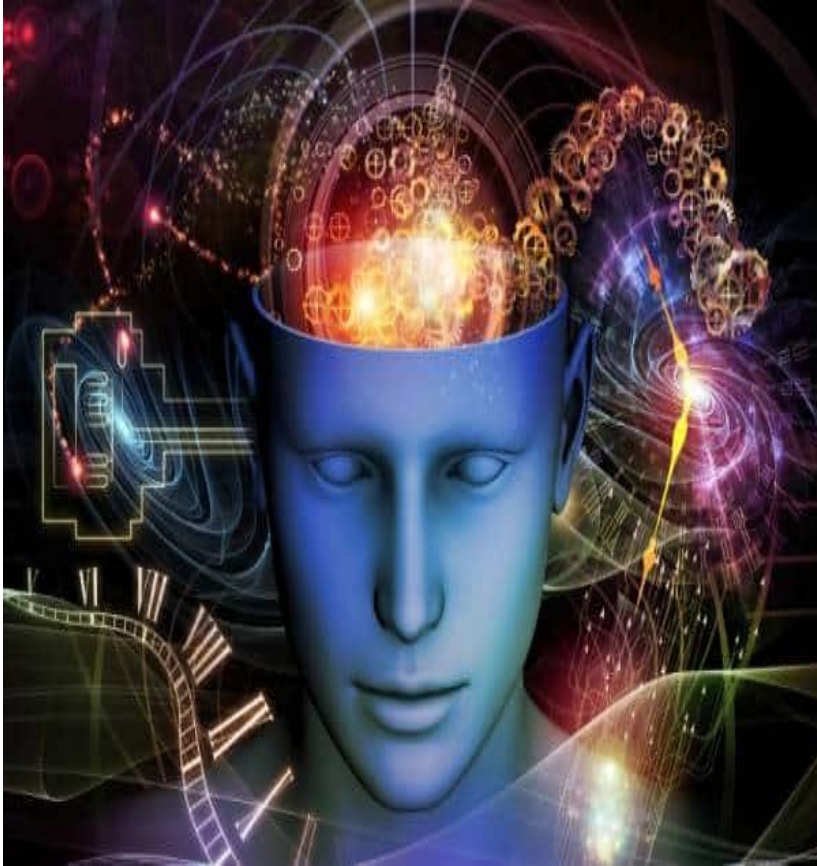


CAN I PROGRAM MY MIND? TECHNIQUES TO GENERATE MORE POSITIVE SCHEMES BY ANGEL RULL



See full article:

<https://www.elperiodico.com/es/ser-feliz/20200507/como-programar-mente-positiva-7946779>

- Our brain is born with certain predetermined schemes that allow survival; and, as we grow, we develop our schemes and patterns according to our needs.
- The point is that not all the patterns we have in our brain serve us all the time, and many of those become obsolete as we mature; generating this way “negative” behaviour schemes, that no longer serve for our growth but rather stagnate us.
- The good thing is that the brain can continue to learn new patterns that are more in line with our situation and our evolution.
- To build new patterns you must follow 4 steps:
 - Analyze the current life situation
 - Observe the negative patterns that stop us, for example, some addiction
 - Imagine and create a new pattern of behaviour that brings us something positive.
 - Repetir esa nueva conducta hasta aprenderla
- In conclusion, we can say that the cognitive schemes are designed to help us to face the world, but are useless if time passes or if we change the context. That is the reason why we must push the change towards new patterns in our brain, that way we will have a better life.