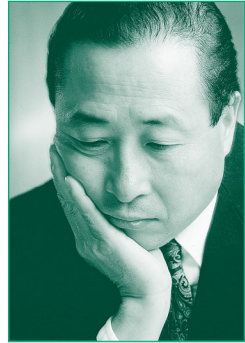


12 Ways to Develop a Trusting Heart

Recent studies have shown that heart disease is more prevalent in someone who has a hostile or cynical personality. Here are one dozen ways to free yourself from the grips of hostility and cynicism.



1. Confide in someone else.

Let them know that you recognize your problem with hostility. Ask for their support in your effort to change.

2. Catch yourself having mistrustful thoughts.

Keep track of how often you mutter cynically about something. Look for a pattern in these thoughts.

3. Eliminate those thoughts.

Yell “stop” when one of these mistrustful thoughts appears or imagine the word “stop.” This can short circuit any thought that you’d rather not have.

4. Laugh at yourself.

Humor can defuse anger. Make sure, however, that the humor does not come at someone else’s expense. That’s not humor, that’s ridicule.

5. Talk yourself out of a blow up.

Try simple reasoning. If you feel a “slow burn” beginning, cut it short. Try saying something like this: “Okay, you hothead, what’s going to upset you this time? Nothing, because you’re going to lighten up and not take things so personally!”

6. **Get someone else's point of view.**

Look at the situation through another's eyes. This new vision should dissipate some anger because it's difficult to empathize and be mad at the same time!

7. **Learn to relax.**

Do some deep, natural breathing to relieve some built up muscle tension. Look out the window at something soothing. Imagine a restful scene.

8. **Practice being a good listener.**

You may even have to force yourself to keep your mouth shut. It sends an important message to others that you care about what they have to say.



9. **Seek and ye shall find.**

Opportunities are everywhere to practice showing trust.

10. **Forgive people who have made you mad.**

Let go of the resentment. It'll feel like a heavy weight has been lifted from your shoulders. Forgive and forget.

11. **Avoid people who are hostile and cynical.**

If you must interact with them, note what features of their behavior you'd want to avoid duplicating yourself.

12. **Imagine that this is your last day on earth.**

Ask yourself, do you still want to waste your time being angry, cynical, or hostile? Probably not. Forget those trivialities of life that used to irritate you. Count your blessings and see all the good things that surround you.