

### Editorial: Positive Intelligence

At a time when stress, uncertainty, and challenges are omnipresent, positive intelligence is proving to be a powerful tool to boost our mental fitness and resilience and promote well-being. Positive intelligence is more than just a mindset; it's a philosophy of life that revolutionizes the way we see and respond to the world. To this end, this popular concept makes use of findings from various sciences.

In this article, we describe what is behind the concept of positive intelligence.



### What is Positive Intelligence all about?

Originally from Iran and living and working in the United States, Shirzad Chamine's concept is based on the idea that our minds and emotions are crucial to our success and happiness.

Our thoughts and emotions can operate in two different modes: the "positive" and the "negative" mode. The positive mode is characterized by feelings such as gratitude, curiosity, compassion, and joy, while the negative mode is characterized by fears, self-doubt, criticism, and other destructive thoughts.

Chamine's work focuses on helping people increase their "positive intelligence quotient" by harnessing the power of positive thoughts and emotions. He argues that higher positive intelligence can lead to a more fulfilling life, better relationships, and greater professional success.

The concept is based on scientific findings from neuroscience, cognitive behavioral therapy, and positive psychology, which show that our brains can be altered and restructured through targeted training.

### What are the main components of the concept of Positive Intelligence?

Chamines postulates that our mental fitness depends largely on two main components. These two components are described and measured in his concept via the PQ and the SQ.

**The Positive Intelligence Quotient (PQ):** The PQ is a measure of a person's ability to operate in positive mode. It measures the extent to which a person is able to cultivate positive thoughts and emotions and use them as a driving force for personal growth and success. A high PQ represents a strong ability to be in a state of gratitude, curiosity, compassion, and other positive emotions. Shirzad Chamine emphasizes that high PQ correlates with increased levels of happiness, satisfaction, and success in life.

**The Saboteur Quotient (SQ):** The SQ refers to a person's ability to recognize and overcome their inner "saboteurs". These saboteurs are negative thought patterns and behaviors that prevent us from reaching our full potential. The most common saboteurs include the inner critic, the hyper-vigilante, the controller, the victims, and the scaredy-cats. The SQ measures the extent to which these saboteurs influence a person's thoughts and actions. A low SQ indicates that a person is better able to recognize their saboteurs and replace them with positive thought patterns.

The concept of PQ and SQ is closely related to the pursuit of positive intelligence. By increasing one's PQ and decreasing one's SQ, one can strengthen one's ability to be in a state of optimism, resilience, and empathy, leading to a more fulfilling and successful life.

### How can I improve my mental fitness?

Overcoming saboteurs requires conscious efforts and practical strategies. Here are some steps that can help master saboteurs:

1. **Becoming aware:** The first step to overcoming saboteurs is to become aware of their existence. This requires self-reflection and mindfulness to identify the negative thought patterns and behaviors that prevent us from reaching our full potential.
2. **Naming the saboteurs:** It is important to recognize and name the different saboteurs who are present in our lives. These include the inner critic, the hyper-vigilante, the controller, the victims, and the scaredy-cats, as described in the concept of Shirzad Chamine. By identifying these saboteurs, we can take more targeted action against them. There is also a short self-assessment questionnaire that is automatically evaluated.
3. **Reflection** and self-talk: Once we have identified our saboteurs, it is helpful to regularly practice self-reflection and monitor our self-talk. By being aware of our thoughts and beliefs, we can recognize when our saboteurs are taking action and take targeted countermeasures.
4. **Introducing countermeasures:** Various countermeasures can be taken to overcome saboteurs. These include embracing a positive perspective, replacing negative thoughts with constructive beliefs, practicing self-compassion, and setting realistic goals.
5. **Practice** and patience: Overcoming saboteurs is a continuous process that requires practice, patience, and perseverance. It's important to understand that change doesn't happen overnight, and that setbacks are part of the learning process. However, through consistent practice and self-care, we can gradually transform our negative thought patterns and cultivate a positive mindset.

By following these steps and consciously working to overcome our saboteurs, we can strengthen our positive intelligence and live a fuller, happier, and more successful life.

### Summary

The concept of positive intelligence is essentially the ability to consciously cultivate positive thoughts and emotions in order to develop an optimistic and constructive state of mind. It's about recognizing the power of positive energy and using it as a driving force for personal growth and success. This can be achieved in particular through the regular use of mindfulness and self-reflection techniques.

By harnessing the power of positive intelligence, we can not only improve our own lives, but also make a positive impact on the world around us. Thus, this concept can also be used very well in the context of personnel development measures and management development programs.

Sources and further information on this topic can be found at:

- [PQ – Achieving Your Own Goals with Positive Intelligence \(spectrum-ag.de\)](https://www.spectrum-ag.de)
- [Positive Intelligence | Building mental fitness for all](#)
- [Know your inner saboteurs: Shirzad Chamine at TEDxStanford - YouTube](#)
- [Neuroscience of Positive Intelligence - White Paper.pdf \(hubspotusercontent-na1.net\)](#)