Negate Negativity

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Dealing With Negative People And Bringing The Positive Out Of Them

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Foreword

Negativity almost always results in something less that desirable. Learning to understand and control the negativity within one's own life should be taken seriously and as a first step to making the necessary improvements to change the bad habit. When this is achieved then and only then can an individual take it upon themselves to try and defuse other possible negativities. You'll get all the tools here.

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Chapter 1:

Negativity Basics

Synopsis

Negativity often results in bad attitudes, poor self esteem, aggression and a host of other undesirable characteristics.

Managing these can be an uphill task and even worse can spread like a virus to those around as generally bad attitudes are be quite contagious.

Having people on a project working together where some have bad attitudes will eventually result in the said project either stalling or turning into a nightmare for all involved.

Even in a simple study environment where negativity exists the likely hood of ever getting any studying done would be almost nil, thus causing not only the studying journey to stall but also at worst resulting in a level of rebellion that may not be controlled easily.

The Basics

Relationships suffer, businesses suffer, projects stall and this is only the tip of the iceberg so to speak, thus the need to immediately eradicate any signs of negativity within the situation as soon as it becomes apparent. Some effective tools that are commonly used for this intention are as follows:

- Acknowledging the negativity is often encouraged rather than trying to side step it. Calling attention it can sometimes bring about the realization of its existence.

- Present model positive elements to emulate. This is sometimes more helpful than actually trying to physically or mentally trying to change the situation.

- Refrain from making an already negative situation into an even bigger mess.

- Using some simple physical exercises like breathing in deeply when the onset of any negativity begins.

- Focus on the strengths rather than the weakness.

Chapter 2:

Limit Your Time Around The Person

Synopsis

Understanding negativity properly allows an individual to better accept or avoid any particular situation accordingly. Depending on the extent of the negativity being displayed it may sometimes be better to make a conscious effort to avoid the negative individual or situation than to try and change it.

Pick Your Time

Some stronger individual have found that by facing the negativity and trying to work with it has benefited all those concerned but this takes a lot of insight and effort and is often not the recourse for just anyone.

Thus for those everyday encounters and situations, learning the art of avoiding the negativity that is being felt from being around these individuals would be well worth exploring. This option may sometimes be seen as being cowardly but it may also help to control or defuse a potentially lethal outcome.

In the case of a working environment, it may sometimes be almost impossible to avoid negative co workers. Perhaps one way that is almost always successfully used is to avoid getting into an argumentative situation.

Most negative individuals can only see the negative side of any scenario thus the negativity, therefore getting into an argument with them would almost always be exhausting and definitely create further unpleasantness.

Make conscious efforts to avoid being alone with the individual and opt instead to be in their company only if within a group environment. This way the negativity element is less likely to fully impact or focus on just one aspect. Perhaps a more direct way of

dealing with negative individuals, would be to be brave and upfront enough to state how uncomfortable all the negativity is making everyone feel. Also letting the person know that spending time within such a negative environment is difficult and stressful, but at the same time keep the indication as diplomatic as possible.

Chapter 3:

Make Sure You Have A Positive Attitude

Synopsis

Developing the art of constantly maintaining a positive attitude is not very difficult if the right guidelines are followed. This is well worth exploring and practicing to perfection as people like individual with positive attitudes and will definite want to spend time in the company of a positive individual. The popularity element alone is enough an excuse to learn how to fine tune being a positive attitude person.

Be Positive

The following are some recommendation on how to learn to be and stay positive as much as possible, more so when it becomes challenging to do so.

- Read positive and inspiring material constantly. Put up sticker and post aids that have positive captions to encourage the positive mindset. Try to mentally and physically put into practice all that is learnt from reading such beneficial material.

- Listening to podcast, cds and other audio messages which main theme is staying positive also helps to create a mindset that is ready to face adversity better equipped.

- Staying healthy, keeping a healthy diet and exercise regiment also helps the individual to stay within a positive frame both in body and mind, which transcend into a positive attitude. When all is working well, positivity is the theme of the day.

- Understanding and accepting that things don't always go as planned helps the individual to adjust accordingly while still staying positive. This is a very important mindset to have in order to stay positive, as almost nothing today is completely predictable at all times.

- Surrounding one's self with other positive people also helps to stay positive. It would be very unlikely for one person to display negative traits in the presence of a whole group of positively minded individuals, thus by being in the company of positive people one would be able to not only emulate this good quality but also perhaps even learn to control the negative mindset altogether.

Chapter 4:

Express Your Feelings In A Kind Way

Synopsis

First reactions are often detrimental and can cause a lot of damage if one in not in control at all times. Learning to be in control on one's feeling will allow for the mind to process the possible outcomes before allowing the said feelings to be verbalized. This verbalization can then be done in a kinder way although the message to be expressed is not pleasant.

Be Kind

Feelings are primarily the results of emotions, experiences and sensations and allowing these elements to surface without some control being exercised always can give way to some very unpleasant and uncomfortable situations indeed.

Therefore there is a need to understand and explore ways that these feelings can be expressed in kinder ways while still maintaining the severity of the intended underlying message.

Using specific words often help the other party to understand the negativity without being offended, provided the words chosen are not of a "character attacking" nature.

Being vague only gives rise to further irritation and an even worse situation. Another effective way of expressing feelings in a kind way is to address the issue that is being confronted first, rather than the actual feeling that resulted.

By using this method, the receiving party gets to understand the intention behind the reprimand rather than the reprimand itself. Always maintain a level of respect and avoid decretory connotations when expressing feelings, as this will ensure a kinder choice of words being used.

Expressing feelings rather than keeping them bottled up, also encourages less use of severe words and a calmer and gentler approach to making the said feelings understood.

Bottling up feelings will more likely result in an unpleasant outburst, which is often hurtful and damaging. By always opting to communicate displeasure in a kind manner, increases the likelihood of the receiving party being more open to listening to the grievances expressed, rather than becoming instantly defensive.

Chapter 5:

Synopsis

The use of "hot" words can be done for two very opposing reasons. One would be to infuse a level of ambiguity into the conversation, accusation or simply expressing a thought and the other to leave the listener with a questioning thought of the negativity of the choice of word used without actually creating any offending scenes. Both when used in the correct context can bring about the desired results without the unpleasantness in tow.
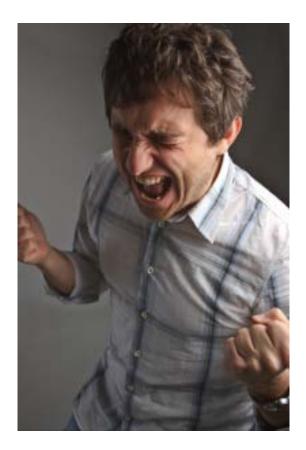
A Good Tactic

Most words have very different connotations linked to them, therefore it would be wise to understand the differences and use the one best suited to the message being verbalized.

Using the wrong hot words could end up causing greater harm than good, which is not the prime intention in the first place. Perhaps the best advice would be to stick to hot words that have rather neutral connotations, as it will ensure all complications are avoided.

However sometimes hot words need to be used in order for the negativity to be understood and acknowledged before any progress can be made to defuse the situation.

These should be reserved for more individual situations so as not to cause undue embarrassment to any parties and to also preserve the integrity of both the user and the receiver.

Then there is also the use of connotative power words that can also be effectively used without necessarily ruffling any feathers. Such words may include similar sounding messages intended yet in reality being very much the opposite of what was intended in the first place, however still managing to diplomatically getting the message firmly and completely across.

There is also the option of using hot words that can be encouraging and play against the opposing negative feelings or situation at hand. The use of such words may actually help those concerned to try a more positive mindset or approach.

Chapter 6:

Synopsis

Studies have shown that one of the main causes of negative behavior patterns or attitudes often stem from wrong beliefs about life in general. When an individual goes through life based on wrong beliefs the resulting effects would be to almost automatically view everything in a negative light. Therefore when confronted with such individual one should exercise a little understanding and patience as deep rooted belief is often hard to change overnight.

Possibilities

Another probable contributor to a generally negative outlook would be the negativity generated from family members and friends. Bad attitudes and mannerism are often the products of constant exposure to these negative elements thus creating a platform for general simulation in order to stay accepted into the circle.

The individual intending to break out of this negative scenario would have to mentally and physically put some distance between themselves and the groups that live the negativity.

Current unsatisfying circumstances could also lead to people being negative or having a constant negative outlook. Being unable to break free of the strong hold of their current dispositions leaves them feeling frustrated and angry thus giving way to the hopelessness feelings manifested.

Here too understanding is greatly encouraged for those who are trying to reach out to these individuals. Encouraging those going through the seeming desperate and unchangeable situations by coming up with workable solutions may eventually help forge better understanding and acceptance for both parties.

Wrapping Up

There are a lot of reasons why individuals become or have more negative behavioral patterns through time. Contributing factors may include a variety of reasons like family background, upbringing, and constant exposure to negativity, beliefs and others. Taking the time and effort to understand these reasons may allow for the better acceptance and even persuasion to make a change for the better more positive demeanor.