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# Foreword

Negativity almost always results in something less than 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.



## ***Negate Negativity***

**Dealing With Negative People And Bringing The  
Positive Out Of Them**

# **Chapter 1:**

## *Negativity Basics*

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### **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 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 likelihood 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*

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### 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***

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### **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.



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