Combating Negativity in the Workplace and Not Becoming Negative Yourself

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How Negativity Affects Those Around You

“I worked with a man that use to constantly complain. The negativity just came off him in waves and sent stress into me and the rest of us. I would tense up, grit my teeth and even call in sick to avoid dealing with him.” – Lisa Smith

“I’ve seen singular personalities negatively affect the productivity and customer service of the whole department... But when the complainer is removed from the equation, it is like a weight has been lifted off their shoulders.” – Amber Dixon

How to Deal with Negative Coworkers

People who are...

Never Negative
Occasionally Negative
Consistently Negative

Understand and Use the Concept of Positivity

A. As a person looks at the world through their lenses, do they see?

Hope and Possibilities
or
Just the opposite

Negativity – Basic Information & Realities

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B. You Cannot Make Negative People Happy!
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B. You Cannot Make Negative People Happy!

C. The Realities of Negativism

C. The Realities of Negativism:

1. Negative People Exist in All Areas of Life
2. You Cannot Change Negative People, Only They Can Change Themselves
3. A Bit of Insight Reduces Your Stress and Increases Organization Atmosphere
4. There is No Single Book or Receipt on How to Deal with Negative People

Positive Questions

What is good...

What Can I Celebrate?

What’s Going Right for me Now?

Positive Emotions

Antonyms of Positive Emotions

Humor
Love
Compassion
Joy
Serenity
Gratitude
Pride

Sadness
Hate
Indifference
Self-Deprecation

Interest

Awe

Sorrow

Sorrows

Inspiration

Agitation

Resentment

Thanklessness

Harshness

Anger
Visualize Success with Negative People

Build Emotional Banks With Everyone

“When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion” – Dale Carnegie

Understand the Psychology of Negativism

Negativism

...Gets more Attention
...Is reinforced by that attention
...Is all about how that person sees the world

Understand the Psychology of Negativism

Remember:

What goes in...Is what comes out

Tolerating & Handling Negative People

1. Make sure your own house is in order
2. Do not get stuck in their downward spiral
3. Bring the negative to their attention
4. Whininess and negativism are personality traits

And if all else fails remember...

Repeat to yourself:

“I don’t have to be miserable with you, so have a nice day!”
Useful Suggestions to Help Negative People Change

1. You Must Change Your Attitude Toward Them
2. Form a Problem Solving Alliance
3. Shift the Focus to Solutions
4. Be a Role Model

Be a Leader of Positivity

1. Surround Negative People with Positive People
2. Make Attitude, Wellness, and Positive Solutions a Theme in Your Organization/Office
3. Give Firm, Compassionate and Open Direction
4. You Must Change Yourself Before you Change the Organization
5. Be An Absolute Role Model

Thank You for Your Time
And Remember...

Be an Optimist First
Not a Negative