

## Flowers or Weeds

Negative people exist all around us and are impossible to avoid. Negative people can find something wrong in any situation. They are expert complainers.

Encounters with negative people can be emotionally draining and stressful. They do **not** realize how their pessimistic attitude affects others.

If you can understand where it's coming from, it's much easier to deal with. All negativity has its roots. Sometimes there is good reason for a person to be in a negative state. Emotions can be a motivator for actions and a precursor to reactions.

Negative people often become that way as a result of being constantly disappointed and hurt and the anger that is associated with these circumstances. It could be they hate their job, feel frustrated, feel trapped in their life or they lack in self-esteem so the only way they can feel powerful is by criticizing others?

When dealing with negative people, set boundaries:

- Stop negative thoughts as soon as possible. Think positive. Don't feed into it. Misery loves company.
- Don't react to negative comments. If you don't give the person the reaction he or she wants, the person will stop because the attention-seeking behavior isn't working. Remain positive and ignore their negativity.

People like being around positive people. Being happy in spite of the circumstances means gaining control over your emotional response. Becoming aware of and acknowledging your triggers can go a long way toward helping you maintain your positive mood around negative people.

“Your mind is a garden, your thoughts are the seeds, you can grow flowers or you can grow weeds.” – Ritu Ghatourey

EASE counselors are available if you want to talk 800-882-1341.



***“Strength is the courage...to reach out!”***