

Welcome all;

Thank you for your positive comments re: The **5 steps** of responsibility.

I believe negative people can bring down the most confident of individuals.

I spent sometime working with an individual not too long ago, and everything they said had negative connotations against someone, some group or just about anything that could be spoken about.....am I sensing nodding heads as you read this?

Now I consider myself a positive individual but after this encounter I felt I'd been taken to the limit, but I still remained positive.....just.....phew!!!

**Here are **7 steps** to staying positive around negative people.**

### **1. Leave.....quickly!!!**

If possible remove yourself from the presence of the negative person or people as quickly as you can. This is the easiest and often the best way to deal with the situation. They will eventually sense your mindset to their negativity and speak to you less.....halleluiah!!!

### **2. Positive, positive, positive.**

If you can't take step number 1 (ie it's your boss!!!) recognize that the conversation is taking a turn for the worse and see if you can turn it back around. I often turn it into my own little game, it can be fun!!! And if you can adopt this mindset you will not be affected by their negativity no matter what they say.

### **3. Think of something positive in your life.**

If in spite of your efforts the conversation becomes negative, see if you can split your attention and allow a part of your mind to focus on something positive. It sounds rude, but if you remain focused on that positive thought you'll become immune to their negativity.

#### **4. Find something positive about the person to focus on.**

Wow.....I bet that could be a challenge!!!

But everyone has redeeming qualities. They may be difficult to notice in the heat of the negative moment. Maybe he just got a new hair cut that looks good. Maybe she smells good. Mention this and praise them, when you notice and focus on something positive it neutralizes the power of the negative energy.....then go to step 1 ....quickly!!!

#### **5. Smile.**

A smile can sometimes make a negative person feel very uncomfortable; a smile can also undermine a negative person's drive to be negative. Try it!!! Whilst smiling remain totally neutral to anything that negative person is saying. And then again go to step 1....quickly!!!

#### **6. Create a new environment.**

Negative people hate positive people, so make efforts to associate yourself and talk about positive people. If you start to do this more and more the negative person will begin to distance themselves from you. I believe negative people view a positive person as all the things they believe they can never be....sad....but I believe it to be true!!!

#### **7. Do not adopt their pain.**

Remind yourself that their pain, upset, and unhappiness is theirs not yours. Now this may sound unfeeling, but remember a negative personality's goal is to get you to believe as they do, that the world is out to get you!!.....It's not.

They just want you to believe that it is, then they've got someone to whine, and vent to, as well as in general make you as miserable as they are...mmmm.....not very nice!!!

Good luck 🤔

Have a positive day!!!

Steve Beckles-Ebusua

'The Educational entertainer'

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