

About The Negative

We've already discussed some of the positive feelings and/or behaviors we should choose to spend most of our time in and around in order to enhance our ability to increase our skill of Positive Presence. You will remember too, that neuroscientists looking at cognitive functioning and behavior suggest that:

- We can assess our personal energy flow through our feelings.
- Feelings such as happiness and optimism can be linked to a positive energy flow, and feelings such as anger and frustration can be linked to a negative energy flow
- We can control our feelings with our thoughts.
- It is through our thought process that we choose how to behave.
- And the bottom line is the measurable result of a person's energy flow – of your energy flow -
- is reflected by your choice of behavior.

Positive Presence is the skill of adjusting and creating a positive and energized mindset through conscious thought processes ... thought processes that lead us into the feelings and behaviors that re positive in nature.

So that being said, what should we watch out for? What are the negative feelings and/or behaviors that we need to avoid? Following is a list of some of the most talked-about negative behaviors and/or feelings that we should choose to avoid at all costs:

- Constant complaining and/or whining about work.
- Constant complaining and/or whining about coworkers.
- Constant complaining and/or whining about life in general.
- Cynicism about the organizational leadership, coworkers, and life in general.
- Anger, frustration and continuously overwhelmed are feelings of negative energy.
- Behavior and mannerisms that are mocking toward others.
- Skepticism
- Sarcasm
- Suspicion as to the motive of others.
- Distrustful of others.
- Critical of others.
- Contemptuous toward others.
- Arrogance
- Pessimistic
- A tendency to exaggerate issues.
- Consciously ignoring the positive.
- A tendency to make insensitive comments.
- Consistently Tactless.
- Dismissive and critical.
- Rude
- Self-victimizing
- Bullying
- A tendency to dwell on slights of the past.
- Unhappy
- A Lack of action.

- A lack of focus.
- An inability to accept change – mandated or otherwise.
- A cloud of doom and gloom.
- Easily distracted indicating cognitive deficiency (or lack of focus).
- Constantly tired.
- A lack of desire to create momentum within one's self and with those around them.