

# CADV UPDATE

AUGUST 2007

## Staying Positive Day to Day

Everybody is around someone who is negative at least once in their life and most likely more than once. A negative person can drain your energy and bring you down. Negativity can challenge your ability to remain positive. Whether it's a spouse, friend, or a co-worker that is chronically negative, there are things you can do to remain positive and happy.

Try not to argue with a negative person, it will only add fuel to the fire and reinforce their mood or attitude. Remain silent and let the negativity pass.

A negative person needs love and attention. Attempt to rise above the negative situation by finding one positive attribute in the person and focus your energy on it. Acknowledge their feelings by saying something like, "It sounds like you're very upset". You may not really understand the person's feelings because your reality could be different than theirs; however, show genuine concern for their happiness. You may want to offer a hug but don't be upset if they reject. Some people have difficulty

receiving love from others.

Negative people often speak in generalizations. You may hear them say things like "My job is making me miserable." or "Men are jerks.". These statements are referred to as cognitive distortions. Help people sort through their feelings by asking specific questions such as "What about your job exactly is making you miserable?" or "Which man is a jerk?" This helps people evaluate what they're really trying to say. This may cause the negative person to give up or get right down to the bottom of the issue.

If you try to change a negative person they may put up more of a fight. Try to detach from the emotion and let the negative person be negative. Sometimes reverse psychology helps. Agreeing with them may help soothe the situation.

Sometimes people are so chronically negative you may have no other choice but to avoid them. If the negative people are affecting your mental and physical health evaluate whether or not you want these

people in your life. Even if the person is a friend, partner, or a co-worker, it may be better to avoid them or seek professional intervention. Set strong boundaries with chronically negative people so you can protect your well being.

Focus on managing your own negative thoughts and behavior so to remain positive. Positive attitudes are contagious. If you surround yourself with positive people and things in your life it will provide the affirmation to combat the negative self-talk. Take time everyday to recharge and rejuvenate. De-stress from hectic situations to become more energized and productive. "The real voyage of discovery consists not in seeing new landscapes but in having new eyes". (Proust)

*Please remember, if you're a victim of domestic violence, take caution by not placing yourself in a dangerous position from trying new tactics as described above.*

### Wish List

Old cell phones

Diapers size 4 and 5

Used running vehicles with clear titles

Three child stroller

Large bottles of shampoo and conditioner

Simple wall clock

Canned soup

Blender

Thank You Cards (6.5LX4.75W)

Cork board



Committee Against Domestic Violence

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