

10. Staying Positive in the Face of Negativity

Quiz 1:

Question 1 of 2

Amit is having an especially bad day at work. Her best friend Vani, who is a very negative person, invites her to lunch. What can Amit do in this situation to get past her negative feelings?

- ☐ Set boundaries with Vani.
- ☐ Get over the past regarding Vani's negativity.
- ☐ **Create a small offset at lunch.**

Question 2 of 2

Amy worked hard for a promotion, but her boss gave it to a coworker who is less qualified. What should Amy do to overcome her negative feelings about being passed over for the promotion?

- ☐ Remind herself of her big picture.
- ☐ Reduce her big picture to fit with reality.
- ☐ **Take any small step toward her big picture.**

Quiz 2:

Question 1 of 5

In the "BRAVE" framework of overcoming the fear of failure, what step includes not underestimating your ability to bounce back from failure?

- ☐ the R
- ☐ **the E**

- ☐ the B

Question 2 of 5

If you are trying to keep from negative self-talk, how can the 90:10 rule help?

- ☐ 90% of the time that you have positive feelings overcomes the 10% of the time that you let yourself have negative feelings.
- ☐ 90% of people have the same feeling that they are not good enough, and 10% have negative thoughts from other feelings.
- ☐ **90% of how you feel about yourself will come from self-worth and 10% from assigned worth.**

Question 3 of 5

What is the purpose of the PALMS-Up exercise when you feel yourself starting to lose your temper?

- ☐ to open your hand rather than clench it into a fist when you start losing your temper
- ☐ to think about pausing, alternatives, letting go, measuring, and success that comprise the acronym PALMS
- ☐ **to take a moment and think about the five components that comprise the acronym PALMS**

Question 4 of 5

How can the Who, How, What model put criticism into a perspective that moves you to positive feelings rather than negative feelings?

- ☐ **You decide who will criticize you, and what you will do in response to their criticism.**
- ☐ You can ignore people who you do not care about you, so what they say or how they say it does not matter.
- ☐ You realize that 85% of what people criticize about you is warranted and worthwhile.

Question 5 of 5

Every time Hasan's boss asks him to change the toner in the copy machine, he feels his skills as an accounting clerk are minimized. How can Hasan best move beyond these negative feelings?

- ☒ **Engage in understanding.**
- ☐ Tell his boss it is someone else's turn.
- ☐ Remind himself it is only temporary.

Quiz 3:

Question 1 of 4

Where in the STEP BACK approach for handling difficult relationships should you try to understand why someone is acting the way they are?

- ☐ Begin With You
- ☐ **Assumptions On Intentions Must Stop**
- ☐ Stop Wishing They Were Different

Question 2 of 4

Natalia watches the evening news every night. To avoid having negative thoughts from the depressing news stories, she thinks about how newscasts get ratings. What technique is Natalia using?

- ☐ **Nature Channel**
- ☐ Big Picture Channel
- ☐ Yeah-But Channel

Question 3 of 4

Joram received an unexpectedly harsh annual review. How can he use the 2P Plan to keep from falling into negativity?

- ☒ **Spend 50% of his time on pragmatism and 50% on possibilities.**
- ☐ Spend 50% of his time on positivity and 50% on possibilities.
- ☐ Spend 50% of his time on pragmatism and 50% on perfection.

Question 4 of 4

When you are dealing with people who constantly complain, in which part of the CAUSE acronym will you offer reaffirming words to say to them?

- ☐ environment
- ☒ **understanding insecurity**
- ☐ stress relief

Quiz 4:

Question 1 of 4

Lucia's career coach tells her to always verbalize any negative thoughts she is having. Is this good advice?

- ☒ **No, verbalizing negative thoughts is far more damaging to positivity than having the thoughts.**
- ☐ Yes, verbalizing negative thoughts lets them come out rather than having them simmer inside.
- ☐ It depends on which person Lucia verbalizes her negative thoughts to, and the context in which she does so.

Question 2 of 4

What impact does "grindfulness" have on your positivity?

- ☐ It is a way to use gratitude for small things in order to take mindful actions regarding larger things.
- ☒ **It is the combination of gratitude and mindfulness that is more powerful than either is individually in staying positive.**
- ☐ It is the negativity that drags you down from the daily grind at work or at home.

Question 3 of 4

When you are setting a morning routine for positivity, what should you **avoid**?

- ☐ generating sparks early in the day
- ☒ **setting macro goals for the day**
- ☐ seeking out affirmations

Question 4 of 4

If you want to be positive by staying present in the moment, what three steps should you take?

- ☐ Task-switch frequently, catch the drift, and send signals of absorption.
- ☐ Stop multitasking, avoid being caught up in the drift, and send signals of absorption.
- ☒ **Stop multitasking, catch the drift, and send signals of absorption.**