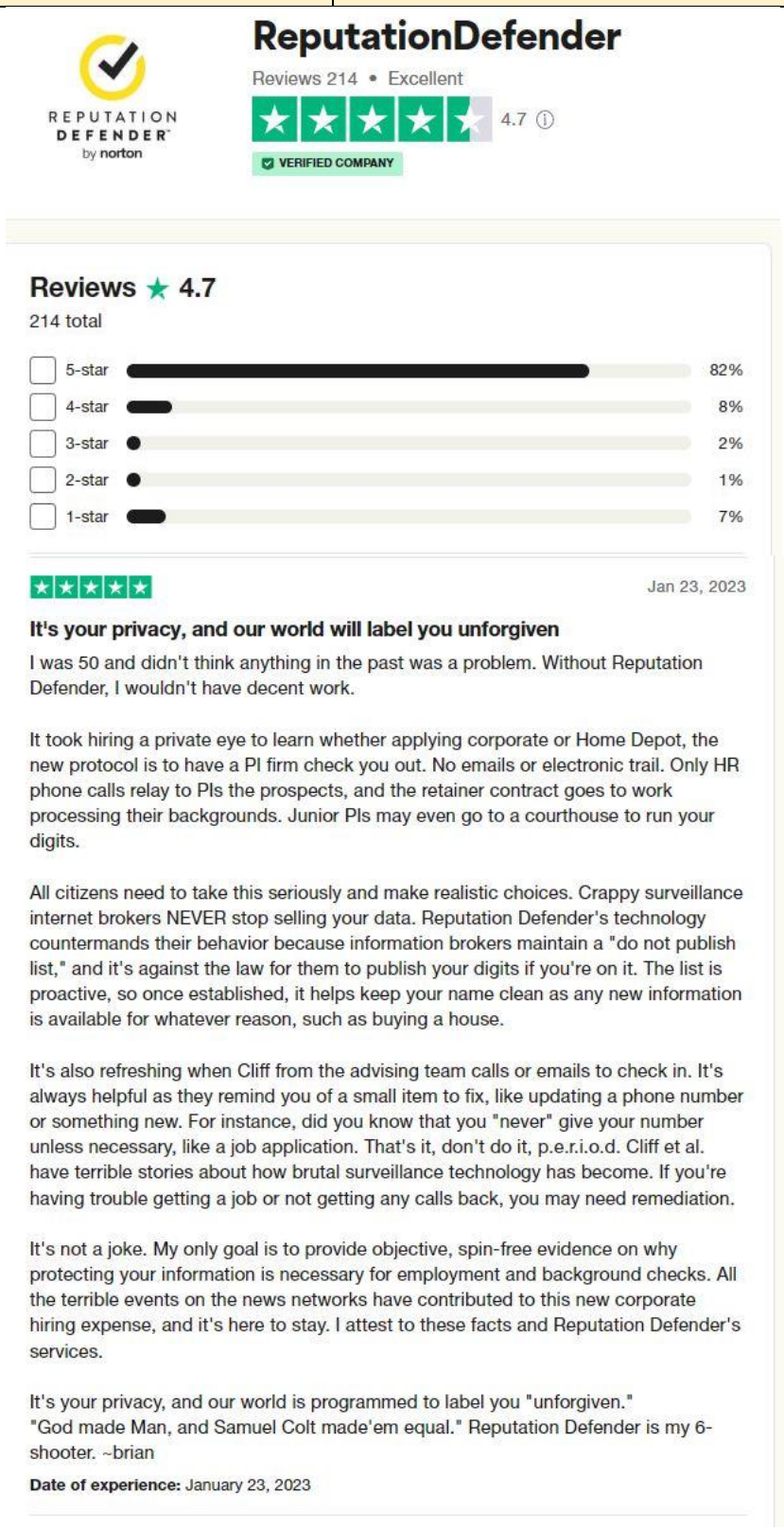
Wk	Meda	Avoiding Negativity and Controversy
5 **Feb 6 to Feb 11**		



In closing:

You inculcate and become like those you associate with, adopting their attitudes, beliefs, and behaviors. Surround yourself with positive, trustworthy individuals and engage in self-criticism to grow, but avoid criticizing others' character or essence.

Literature indicates:

- avoid making negative statements.
- find areas of agreement and validation
- evade personal attacks on others.
- Restrain the tendency towards criticism.
- Control unnecessary complaining.
- Display responsiveness without revealing damaging information.
- Show high energy and enthusiasm.

Negativity disguises itself in many ways, such as arrogance, condescension, detachment, excessive complaining, and gloomy outlooks. It's essential to raise awareness of the people and circumstances around you and your current frame of mind and attitude. A single display of a negative attitude, mannerism, or behavior could impregnate a negative lasting impression. Bias harms professional relationships—a strategy of neutrality, nonconformity, and high enthusiasm results in avoiding negativity and engaging in controversy.

Questions:

1) How have you expressed negativity in a work setting?
2) What were another's reaction?
3) Did you change or brush it off?

To develop proficiency in interpersonal relationships, preparation is key. Taking time to get ready, whether it's putting on a suit or adopting a certain demeanor, is important. The key is to STOP, PAUSE, and PREPARE. By doing so, you can ensure that you are mentally and emotionally ready to interact with others in a positive and productive manner.

STOP => PAUSE => PREPARE

Elon Musk in Lex Fridman interview #252 pause for about 90 seconds at one point. Are you able to pause?

Question: Why is pausing imporant?

Exercise: 5.write.reflect

Rewrite this review to help avoid no NO 1-star comments.