

Enough Of The Doom And Gloom...

POSITIVE x NEGATIVE = a NEGATIVE

Even mathematics proves it; if you are a POSITIVE person and you are around a NEGATIVE person you will BECOME A NEGATIVE PERSON.

And when you are NEGATIVE it directly affects your life and your health; studies show the more negative a person is, the more prone they are to getting sick more often; which can directly affect their family and their job.

And, when your family and job get affected you have to make changes.

I am a very **POSITIVE PERSON** but I am also a very Sensitive Person, which means I take things very personal; so when people around me are NEGATIVE it really affects me a lot. And for many years I let NEGATIVE PEOPLE really affect me without even knowing it; every time I was around them I would get REALLY TIRED and CRANKY and SAD.

Then one day I realized these NEGATIVE PEOPLE were causing this and I was letting them; so I decided to change the way I dealt with NEGATIVE PEOPLE.

The biggest problem were the ones who were my family members, people I love and co-workers; I could not just cut them out of my life, so I had to learn how to DEAL with them and not get NEGATIVE myself.

The BEST WAYS I learned to DEAL with NEGATIVE PEOPLE was in SMALL DOSES:

- **Only allowing them "SMALL" amounts of my ENERGY at a time REALLY WORKED.**
- **I treat it like I am rationing my energy out to them, they "cannot" have it all, and they can only get some when I have EXTRA to share with them.**
- **The one thing I have learned NOT TO DO is "do not" be around them when I am tired and my energy level is low.**
- **And, when I am around them, I control the PATH of our conversation. I keep them on my POSITIVE PATH, I "do not" let them take me to their NEGATIVE PATH. But, those times that I do get pulled down their NEGATIVE PATH, I "jump off" and excuse myself to go do something very important that I forgot to do. (Do not worry, they will find someone else to talk to.)**

How I keep the conversation on my **POSITIVE PATH**?

- I am **assertive**, and I announce **"Enough of the doom and gloom"** and I change the subject.
- I replace their negative statements with a positive one. Ultimately they will get sick of not being heard.
- I Praise their good attributes; it helps them feel less of a need to be negative
- I avoid being alone with them; I try to be around them when other people are around. This helps to "dilute" their impact.

Staying Healthy

ONE POSITIVE = 2-3 good days

ONE NEGATIVE = 1 bad day

Proof that Focusing your attention on the good stuff - is twice as powerful!



Tammy Taylor CEO, Tammy Taylor Nails

Proof Good moods strengthen your immune system and bad moods weaken it.

In an experiment by Arthur Stone at the University of New York, a new angle has been uncovered.

- Something **POSITIVE** like an enjoyable time with a friend or getting a compliment on your work, **increases your body's production of immune cells for two or three days.**
- On the other hand, something **NEGATIVE**, like criticizing yourself or arguing with someone **depresses your immune system, but, only for one day.**

More Proof Negativity effects Our Health

Anger, frustration, worry and negativity can be overwhelming. As Dr. Howard Friedman (professor of psychology at the University of California, Irvine) put it, "Depressed, anxious, angry or hostile people are twice as likely to suffer from heart disease, asthma, arthritis and headaches as are happier, more relaxed individuals."

Researchers have been finding that what makes people "catch a cold" is not what we thought. When they measure the amount of virus in the blood stream, it seems to have nothing to do with whether the person gets sick or not. Some people with lots of virus in their system did not get sick, and some with very little *did* get sick. One factor that was related to getting sick was stress. **If the person experienced negative emotions, it was a good predictor of upcoming illness. The more negative feelings a person had during a given week, the more likely they were to "catch" a cold.**

THE TEST...

The way to tell whether a person is a NEGATIVE for you, is to ask yourself these questions the moment they leave:

- Do you feel inspired about your ideas and ready to achieve your dreams?
- Or, do you feel doubtful now because maybe your idea is not such a good one after all?
- Have you been convinced your goal will take more of an effort than it's worth?
- Or, that your chances are very small?
- Do you feel in a worse mood because they talked about all the bad news in the paper or their own personal miseries, that they won't do anything to solve?
- Do you feel less motivated?
- Do you feel worse about yourself?
- Are you more aware of your faults?

Once you can recognize the NEGATIVE PEOPLE in your life, the sooner you will be able to start changing their influence on you. So you can be more POSITIVE to achieve your dreams, and have a happier and healthier life.

*with love,
Tammy Taylor*

The prayer of St. Francis:

Lord, make me an instrument of your peace. Where there is hatred let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

Recognize that the person's negativity is an expression of their inner doubt, despair and sadness. The way that you "sow" love and hope and peace and joy is by remaining positive and allowing yourself to become an instrument of peace in that moment.