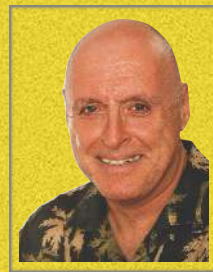


THE EXTRA POINT

BY JERRY ROBERTS



580 If You're Positive That You're a Negative Person

Have you ever been accused of being negative? Have you ever been around people who seemed so positive and you noticed the difference in how you saw things and they saw things? I'm Jerry Roberts and today, if you're not as positive-minded a person as you would like to be...this one's for you...coming next on The Extra Point.

I'm a pretty positive guy for the most part. Truth be told, however, I have been in the presence of people who were so positive they made me look like a serious doom and gloom spreader. And, people loved them, loved being around them. I saw that more people were attracted by a positive mindset than one that was oozed the negative.

Look, if you see yourself in this, I've got good news and bad news. What would you like first, the good or the bad? The good news is that it's not your fault. Perhaps you were raised by people who were negative, and they were raised by people who were negative, and they were, and you can trace your family tree as far back as you can — to people who were probably negative.

This was handed down to you, generation by generation. You didn't ask for it. It could be the environment you grew up in or how you were treated. Have you ever gotten into serious conversation with someone and things got a little heated and all of a sudden you opened your mouth and out flew your mom or dad? You said something that they used to say, something that you promised yourself, "When I grow up I'm never going to say that to another human being!" Then you did.

Or you once worked for a lousy boss who treated you miserably and you vowed that if you ever made it to a position of authority, you would never, ever treat your team members that way. And then you did, and you sat there nearly breathless and in shock, realizing that

lousy boss — to at least a small degree — was now residing somewhere inside of you.

Now the bad news. It will never completely go away. It's in there to stay. No matter what you do, there will always be times when your first inclination is to think in negative terms. It's in your DNA, so accept it for what it is. It doesn't make you a bad person. It's just the way you're wired.

Now, the good news. You can control it. Forgive your negative ancestors. They were just doing the best they could, just like you are. Now, forgive yourself for past negativity, as well as all the negativity you're going to lay on likely innocent people in the future.

The next step is not to use this as an excuse. What you want to do is make a concerted effort to find people doing something right and give them praise, the good stuff. The next time you see them, same thing. The reason is that one of these days you'll jump the tracks and go negative again. However, when you've been laying down some positive and feel-good statements and people are getting used to that, a negative here or there won't be as distressing as it once might have been.

You will have achieved a balance, which is so much better than being perceived as a negative person, someone most people would probably avoid. You may never become the poster child for the positive mindset, but that's okay. You can still make a positive impact.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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