



Negativity Breeds and Attracts More Negativity

By Nancy Capistran, PCC, CPC

Others don't see what we see when we look in the mirror. We think we know how people perceive us when in actuality we really don't. Our social behaviors can come across differently than we imagine.

Negative energy can be ingrained within us without us even realizing it. There is a difference between constantly radiating negative energy and being realistic about the pros and cons of life.

I worked with a client who always focused on what everyone else was doing wrong. These wrongdoings were from her perspective, without any insight into what was truly going on with those individuals who she criticized. Her behavior created an exhausting cloud of drama for everyone around her. She did not realize that she was hijacking her own progress by being unremitting in finding faults in others. She preferred moaning and groaning about other people's slips in conduct instead of acknowledging and addressing her own demons. In her world view, all problems were caused by others because she was always being wronged by someone other than herself. She displayed histrionics with every hiccup of a challenge. She was so hyper-focused on her own stressors that she didn't realize how tightly she was wound around playing the blame game.

The irony of this situation was that she was a kind-hearted person who was just clueless as to how she was showing up. Her obsession with finding fault with others was holding her hostage from the direction that she really wanted to go in for her own life. Her interactions in all aspects of her life were emotionally noxious. Though she believed that everyone respected her, she was visionless in this regard. To improve relationships, I encouraged her to lead with her eyes wide open. Part of that journey was to first realize what she was doing and to then start making the necessary traction to improve her quality of life. I was asking her to realize the error of her ways, but it was the only style of living that she had ever known. It was painful for her to accept how truly lost she had become. After many months of working together, she was able to accept that she had an adverse disposition that was deficient in genuine warmth and appreciation. Once she was able to face the music, she became committed to making the essential changes in her demeanor. This required her to gain awareness of when she was attracting the wrong situations and the wrong people into her life. Simultaneously, she also needed to gain a degree of introspection so that she would be able to observe firsthand how her mind immediately went to a negative thought with every situation she encountered. Gaining the strength to transition her defeatist thoughts continues to be a rough slog for her. With a refurbished sense of personal integrity, she continues to focus on better aligning her words with her actions. Caring about creating harmony is now her new normal. I am proud of her dedication to creating a better life. Amazing progress can happen when we have a solid commitment that we can fuse together with determination. She knows without question that she needs to stay the course. It takes time to change a lifetime of bad habits, but she is making slow yet steady progress. I believe in her and I know that she has what it takes inside of her to make it happen.



About the Author: Nancy Capistran is a best-selling author, an award-winning, internationally certified executive coach, motivational speaker, and trusted advisor. She is Principal of [Capistran Leadership, LLC](#), and [Crisis Interception, LLC](#). Nancy's best-selling international leadership book: [Open Your Eyes and LEAD](#) shows readers how to become a positive force in the world and how to balance and manage omnipresent tensions while striving for leadership excellence. Capistran shares inspirational stories and advice from her 30+ year career to help both seasoned and emerging leaders develop intentionality while maintaining their core values and beliefs even when life's pressures dictate otherwise.