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## Office Hacks

# Dealing with negative people in the workplace

*"Do not let the behavior of others destroy your inner peace." - Dalai Lama*

## 1 THE PERENNIAL PESSIMIST

In the office, a pessimist shows no hope for tasks assigned to him or her. This individual has tons of excuses why the assigned task is infeasible. Unfortunately, one pessimistic member can affect the entire operation in the workplace. Worse, pessimism can be contagious if not addressed immediately. Arguing would do you no good. The logical thing to do is to ignore impending negative comments and walk away from unnecessary conflict. After all, that person has to do the task anyway. If not, it is capital I-N-S-U-B-O-R-D-I-N-A-T-I-O-N.

## 2 THE GALLOPING GOSSIPER

Gossipers in the workplace will never be out of the picture. They love feasting on stories especially about other people's lives. As we all know, gossips are harmful and seem to never stop. Rumors get repeated over and over but these people do not mind because they thrive in them. So when a co-worker starts spinning controversies, think about them carefully. These are distractions at work so do not let them get into you. So be careful whom you trust and agree with because out of the five things that you heard from gossipers, six of which are fabricated.

## 3 THE SPOTLIGHT-LOVER

The spotlight-lovers are drama kings and queens who believe that they are cursed with almost all the problems in the world. They think that they are alone and there is no one to turn to. Sadly, they just want to be at the center of attention. Apart from the pessimists, their drama can also be catching. When the drum rolls and the curtains open, take your seat (and your popcorn, if available) and witness their exceptional acting. Tell them that they will be fine and go on with your work. Eventually, their exaggerated rants would stop when they notice that everyone is busy with work.

## 4 THE COMBATIVE COMPETITOR

Just when you thought you are at the Olympic games, better think twice. Some people really possess a competitive edge which most of the time, become a negative attribute. Winning is everything to them. In the office setting, they want to be the Mr. or Ms. Know-It-All and get all the praises. They tend to stress their workmates out whenever they face defeat. The key to solving this? Focus on the improvement of your job and do not get personal. Leaving the negativity of your overly competitive co-worker behind would neutralize his or her competitiveness and protect yourself from glaring attacks.

## 5 THE TRASH-TALKER

If there is one thing as poisonous as the venom of a Belcher's sea snake, definitely it is a single word from trash-talkers. Also known as backstabbers, these people have lethal combination of characteristics – ambitious and insecure. At first, they will give you the ultra-sweet talks for a job well-done or even just for a well-fitting attire but as soon as you turn your back at them, their fangs will sink into you. Tap into your instincts and ignore them. You will see, every word they say against you will backfire on them. Remember, karma is now digital.

Whatever we do, negative people are already part of our lives even outside the workplace. Understanding them would help us realize what they are going through but if it is too much already, maybe it is time to limit our time with them unless it is work-related. Managing your emotions without fighting them is a good thing. The office is not an arena so remain positive and radiate happiness at work.

**Daryl Jaramilla**

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