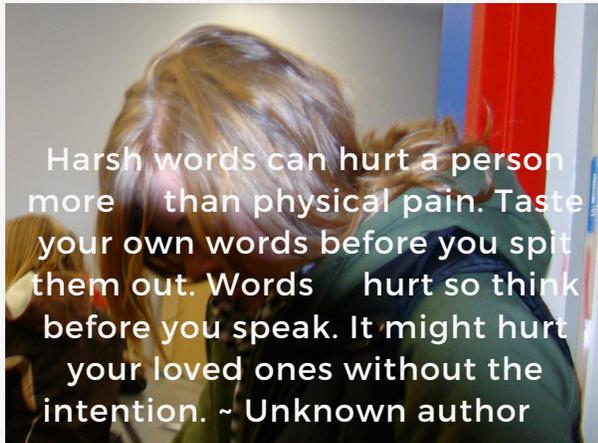




TREASURE KINGDOM DISCOVERY GATEWAY TO DISCOVERING

YOUR IDENTITY AND RISE TO YOUR FULL POTENTIAL

DAY 14: GUARDING YOUR TONGUE



She breathes a sigh of relief when the final bell of the day rings. She gathers her books and quickly makes her way to the bus. "Thank goodness, I managed a full day without seeing...." She suddenly falls to the ground. Her knee aches at the pain as it skins on the sidewalk.

"Hey, Nora." She cringes at the sound of Robert's voice.

She quickly stands, turns on her heel, and stares him square in the eyes. "You're getting on my nerves."

"At least you're noticing me now." Robert chuckles.

"What's that supposed to mean?" Senora folds her hands in front of her.

"Have you been avoiding me?"

"Maybe. Look, I need to get on the bus." She turns and starts to climb the bus stairs when she feels mud smack into her back. She tries desperately to choke back the frustration as she makes her way to her seat.

-Treasure Kingdom

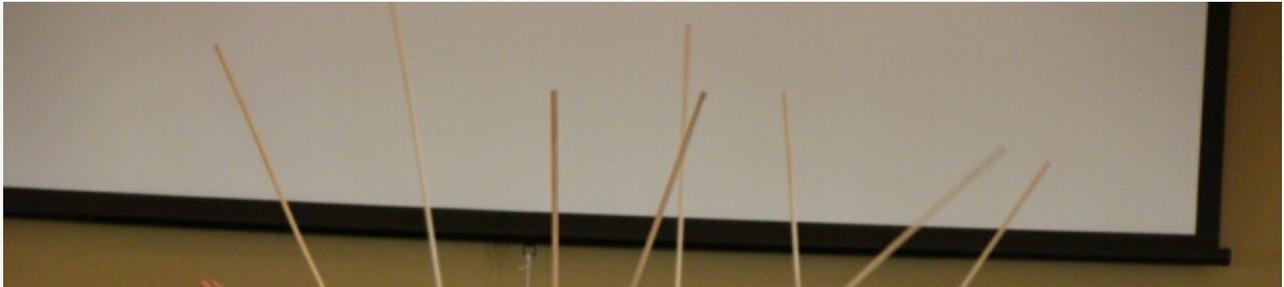
So many times we say things without thinking, not even acknowledging the impact our words can have on other people. You can use your words to build others up or tear them down. A lot of the time, our words come out of what is in our hearts.

Do you seek out other people's flaws and use that to throw in their faces whenever you are angry or upset. The quote by Raheem DeVaughn says, "Whenever I am faced with someone spreading negativity in my relationship, I remember the old saying 'Misery loves company'. I am also reminded to be mindful on the company you keep. Sometimes you cannot see a hater until you are happy. It is then that they demonstrate their negativity." People who are so bitter and angry with their own life, they get angrier when they see someone who is happy.

Have you ever looked at someone and wondered why does everything seem to come easy for them? When you allow envy or jealousy to creep into your thought, you get that thought power over you. If you think about it, someone is probably thinking that same thing about you. The standard advice out there is to walk away from negative people, but from my experience if you segregate all of these negative people, they will always stay negative.

"I am not saying embrace the negativity either. You need to guard yourself and prepare, this way you enter a negative person's life to show them that someone sees them. Someone actually cares. They are not invisible and there is hope in the middle of their storm. You do not know their battle, you need to first understand your own internal battle and heal.

Here is a definition of negativity from the web dictionary;



"Negativity is a tendency to be downbeat, disagreeable, and skeptical. It's a pessimistic attitude that always expects the worst. Negative outcomes are bad outcomes like losing a game, getting a disease, suffering an injury, or getting something stolen."

Some people see negativity as a safety net. If they expect the worst and the outcome happens to be better, then they are not disappointed. Carrie Barron, MD in her article title *The Creativity Cure* says, "So negativity is not necessarily about ingrained disposition. It could be derailment. A person might be basically positive, but have been ransacked." You do not know their internal battle. They may have been hurt so many times, their defense mechanism could be negativity with the thought I must hurt them before they can hurt me.

We have all faced those hurts: Feelings of betrayal, abandonment, broken promises, lies, and so much more. Will we choose to lash out at those closest to us or open up to them? When you embrace the idea that if I am miserable, why shouldn't everyone else be made to suffer with me, you invite those negative thoughts to rule and control you. You need to surrender these thoughts. Admit the way you are feeling. Below I would like you to write all the negative thoughts you have had today.

WCarrie Barron, MD also says, "All this to say that the "negative" person may be a suffering person, and could use reach-out rather than stay-away. If their despair shows up in the form of irritability or even hostility, it may be worth trying to perceive the deeper issue. It might help them personally, enhance the interpersonal dynamic and improve the milieu." -The Creativity Cure. Negativity does not always have to be the answer. "So now faith, hope, and love abide, these three; but the greatest of these is love." 1 Corinthians 13:13. Love holds greater power and strength than hatred, bitterness, and self doubt. We all have an inner longing to be heard and to be seen.



The definition of positivity from the web dictionary; "The state or character of being positive: a positivity that accepts the world as it is."

Now I want you to make a list of the positive thoughts you have had today.

I ask you this, which of these two lists is longer? Which one was easier to write? What are you allowing to define your thoughts? The way you think about yourself will flow out and motivate how you react to other people. Take a look at these next two short video clips on positive thoughts and perspective.



Positive Attitude Animation

Charles Carter

69K views · 1 year ago

<https://www.youtube.com/watch?v=vmLIJAc5kyg>

<https://www.youtube.com/watch?v=BO8X8-D9yh0>



Words Can Hurt | Savannah Rios | TEDxLosOsosHighS...

TEDx Talks

6K views · 2 years ago

What you say affects those you say it to. Take this time now to think back on your conversations with other people just these past few days. Evaluate yourself. What was spoken and how did you say it?

What were you thinking while in the conversation?

How did your word affect their responses towards you?

Choose your words wisely, How will you choose to speak to others. What thought you believe about yourself will come out in how you treat others.

See you tomorrow in Day 15, The Battle is Real