

# Discerning Positive Character Qualities through Negative Behavior Traits

Ever feel like you can't find something good to say about another person? What about what you say to yourself? You might say, "I'm too wishy-washy" or "I'm too gullible", or others might say to you "You are too critical". What is seen on the surface as negative is actually a positive character quality misused.

A person who is careless with money is misusing the quality of generosity. A person who is critical and judgmental is misusing the quality of discernment.

The attached guide can be a handy tool to help you make the shift. Here are ideas how to use:

1. Print it out.
2. Review and notice your own behaviors and the character qualities they represent.
3. Now apply the same process to those you closely interact with. This might be your family, friends, or co-workers. What are the negative behaviors that bother you? Think about the positive character qualities they represent.
4. Option: Actually write down the negative behavior and the positive quality it represents. Practice how you might respond the next time you have opportunity to interact with that behavior. For example: The next time you or someone close to you is hyper critical, you might say (before reacting) "Wow! I can see by your feedback that you are a discerning person." Depending on the situation you may ask them to tell you more about how they might perform they activity for which they are providing feedback.
5. Adopt this mindset. You don't get out of bed every day to behave badly. Every negative behavior is simply a positive character quality misused. Become a detective to discover the true source and compliment the truth instead of paying attention to the negative. What we focus on multiplies. Look for the positive in yourself and others!

Page two contains the guide to help you reframe the misuses into positive statements.

<b>Positive Qualities</b>	<b>Positive Qualities Misused (Negative Traits)</b>
Alertness	Jumpiness, quick criticism, presumptuous inquisitiveness
Amiability	Gullible, status seeking, socially preoccupied, spineless
Analytical	Pickiness, fussiness, pettiness, over attention to detail
Aspiration	Selfish competition, vain ambition, scheming
Compassion	Gushy sentimentalism, undiscerning empathy, taking up offenses
Confidence	Conceited, cocky, overbearing
Cooperativeness	Compromising, conniving, lacking initiative
Courage	Recklessness, brashness, brazenness,
Courtesy	Self Conscious, social stiffness, superficial flattery
Creativity	Mischievous, crafty day-dreaming, devious
Decisiveness	Inflexibility, ruthlessness, dominance
Diligence	Slavishness, one-track mindedness, selfishly industrious
Discernment	Snoopiness, judgmental, critical, fault-finding
Discipline	Rigidity, harshness, overbearing, tyrannical
Discretion	Over-cautiousness, secretiveness, timidness, undue carefulness
Earnestness	Nervous meticulousness, over-conscientiousness, over-seriousness
Efficiency	Perfectionism, fussiness, rigidity, impatience
Enthusiasm	Fanatical, over-bearing, over-wrought, aggressive
Expressiveness	Wordy, glib, vociferous, melodramatic
Fair-mindedness	Indecisive, indiscriminate, undiscerning
Flexibility	Wishy-washiness, indecisiveness, spinelessness
Forgiveness	Irresponsible leniency, permissiveness, irresponsibility, weakness
Frankness	Tactless, insensitive, undiplomatic, disrespectful
Frugality	Stingy, miserly, penny-pinching
Generosity	Extravagance, spend-thriftiness, wastefulness, squandering
Gratefulness	Flattery, gushiness, extravagant generosity
Honesty	Outspokenness, bluntness, brutality, indiscretion
Hospitality	Ingratiating, social climbing, cliquish
Humility	Self-abasement, extreme self criticism, lack of self confidence
Loyalty	Possessiveness, idol worship, blind obedience, undue attachment
Neatness	Perfectionism, over-meticulousness, intolerance, stiffness
Objectivity	Insensitivity, cold calculation, unloving
Patience	Indifferent, permissive, disinterested
Persistence	Stubbornness, inflexibility, self-willed, headstrong
Persuasiveness	Smooth talking, high pressure tactics, pushiness
Punctuality	Intolerance, impatience with tardiness
Purposefulness	Single-mindedness, intolerance, inflexibility
Respectfulness	Idol worship, debilitating subservience
Resoluteness	Hardheadedness, closed mindedness, stubbornness
Resourcefulness	Over-independence, manipulating, scheming calculation
Sensitivity	Touchiness, easily offended, emotional
Sincerity	Gullibility, over-seriousness, impulsiveness