

Wroten & Associates

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Your Words and Your Character

"Conduct is the best proof of character." -- Unknown

Our character is an important trait that can be demonstrated in many different ways, but one way that I don't think we consider is that our character is reflected by our words. I came across a posting on the "Little Things Matter" website, written by Todd Smith, Founder, and thought that it is definitely worth sharing. Here is the posting briefly summarized.

Your Words are a Mirror

What we say about others reflects on our own character. Specifically, when we speak unfavorably of others, it not only hurts the person our words are aimed at, but it also damages our credibility and reputation in the process. Richard Carlson, author of "Don't Sweat the Small Stuff" put it this way: "When we judge or criticize another person, it says nothing about that person; it merely says something about our own need to be critical."

When we speak negatively about someone else, others often perceive it as a ploy for our own personal gain. When our words persuade others to our point of view, as to the faults and shortcomings of someone who is not present, we are taking unfair advantage of that person. This holds true whether we're talking about an individual, a group or a business.

Positivity is Good for Your Reputation!

It is important to keep in mind that where your attention goes so goes your emotional energy. Focus on positive things and your life will be positive; focus on negative things and your life will be negative. When you say destructive things about others your emotional energy is also negatively affected. On the other hand, when you brand yourself as someone who refrains from speaking disapprovingly of others, not only will people's respect of you grow, but you will also be happier. When you hold back saying something negative about someone else - especially when given the opportunity - you exemplify self-control and concern for others.

Do not, however, confuse speaking of someone in a derogatory way with participating in a formal critique such as job performance reviews or when you are asked to point out deficiencies for the purpose of helping someone improve. In these instances, use tact and diplomacy to focus on performance issues and always avoid personal attacks.

Tips for avoiding negative conversations may include: refusal to engage in negative conversations about others; refusing to be part of groups who speak poorly of others; and avoiding making negative or unflattering comments about other people by remembering that your comments influence people's views of you.

You can build a reputation that commands respect by refusing to speak negatively of others in all circumstances, regardless of who is or isn't present!

Wishing you an insightful month!

Positively brought to you by:

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