

# Bad Attitude/Bad Behavior

## How would you define a Bad Attitude/Bad Behavior?

- Aggressive, Arrogant, Hostile, Resentful, Rude
  - Aggressive- Shouting, harsh language, gossiping or spreading rumors
    - Think about how you are speaking talk don't shout
    - Be mindful of your language. Stop the gossip and rumors
  - Hostile- Bullying, dominating a situation
    - It's never OK to bully another person treat people the way you'd like to be treated
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  - Resentful -anger, disappointment, bitterness
    - Being resentful and disappointed can lead to a negative attitude
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  - Rude- Acting Inconsiderate, being insensitive, deliberately being offensive
    - No matter the circumstances you should not be unreasonably critical or refuse to do what you are asked.

All this attributes to bad attitude and bad behavior

## How can you curve a Bad Attitude/Bad Behavior?

Change the way you look at the situation:

If you have a negative feeling that won't go away, try to find a different way to look at the situation. The way you respond is the way you end up feeling.

Help Others:

Helping others can help you changed bad attitudes. You'll become more positive when you see the results that come from you reaching out to others

The impact of a bad attitude leads to bad behavior this affects not just you both others.

Words are powerful. Why not use them to lift someone up instead of knocking them down