

## Your Negative Attitude Can Hurt Your Career

by Anthony Balderrama Copyright CareerBuilder, LLC. Reprinted with permission. In any situation—a cafe, the subway, a movie theater—you don't want to be that guy (or gal). There is no strict definition of what it means to be that person, but usually it refers to the person who stands out for all the wrong reasons. 5 In a cafe, it's the guy who won't stop hitting on you. 1 In the subway, it's the woman who eats a cheeseburger and fries, filling the entire car with an onion aroma. At the movies, it's the patron who leaves her cell phone ringer on. Wherever you are, you don't want to be that person. Especially at work. 10 Of course, at work you'll find plenty of bad traits: the gossip, the chronically tardy person, the kiss-up,<sup>2</sup> and everyone else you try to avoid. Perhaps the one type you want to avoid (hanging around and being) more than any other is the negative person. The negative person hates everything. Every task is too lowly; every meeting lasts too long; every 15 co-worker is too dumb. Nary<sup>3</sup> a word passes through his or her lips that's not dripping with sarcasm. If you realize that you are this furrow-browed<sup>4</sup> employee, the chorus of sighs and complaints, accented with eye rolls, will earn you the worst reputation of everyone. And whether or not you're aware, your boss will 20 notice, too.