

NEWS YOU DIDN'T KNOW YOU NEEDED

Carla Cotropia



HOW TO AVOID GETTING INFECTED BY GRUMPY NEGATIVE PEOPLE

AND I AM NOT TALKING ABOUT THE CORONAVIRUS

The current pandemic of coronavirus has caused people to panic and the panic gets into the air. In Houston, before a hurricane hits, you feel the panic in the air and this is how it feels now with the coronavirus. Everyone is worried about what is going to happen. Even if you try not to feel/think it, you get it just by breathing the air.

Because of this—and in an effort to stay calm myself—I have been thinking about how emotions spread. Haven't you been in a good mood in the morning but when you got to work and interacted with a grumpy person, POOF, your good mood was gone? This is true, even if the grumpy person didn't say one word. You can just feel it and the grumpiness enters your body, just like a dreaded virus.

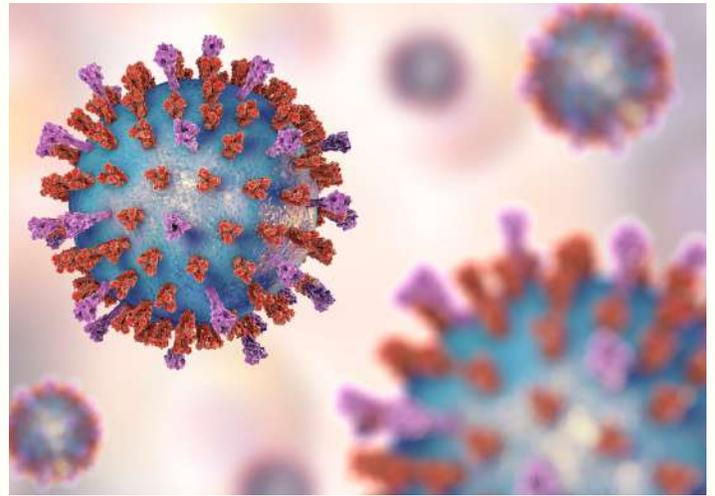
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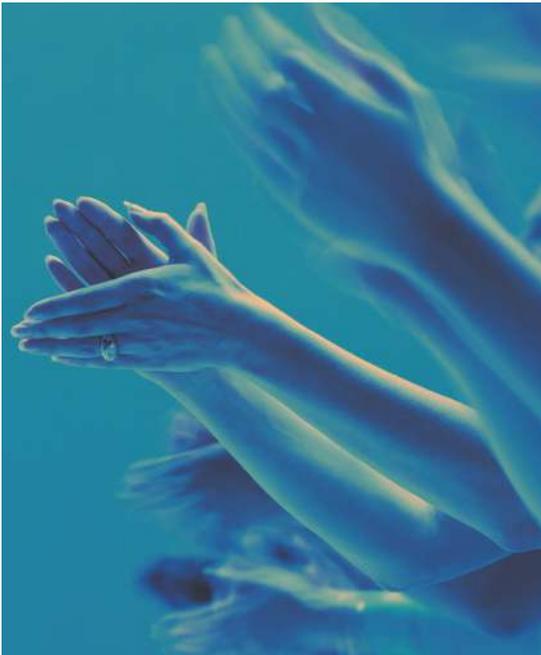
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For now, we are preventing the spread of coronavirus by avoiding people with social distancing. Once the coronavirus pandemic is over, we will return to our normal lives. We will again be exposed to grumpy, ill-tempered people and risk being exposed/infected by their negative moods. So how do we go about our day and not get infected with others' bad moods?



I have heard that we should “quote” feel sorry for the grumpy person because there is probably a reason why they are being an ass. Somehow, for me this doesn't work so well, even though I try. Another friend claims she imagines herself zipped up in a protective bubble suit, which insulates her from negative energy. That doesn't work for me either.



I recently read a very interesting book, if not a little crazy, written by a shaman, i.e. voodoo person, called Spirit Hacking by Shaman Durek. Shaman Durek recommends clapping in front of your body in a counterclockwise circle after an encounter with negative people. When an irate woman verbally attacked me because I had parked in the parking place she wanted, I drove off and parked away from her in the parking lot. Once parked I remembered Shaman Durek's advice and sat in my car and clapped in front of me in a counterclockwise circle. Weirdly this did seem to help.



SETTLING CASES TWO SNEAKERS AT A TIME

Another way to view negative people is to examine why they affect your mood. Why are these people able to flip me into a pissed off mood? What is it about them that is affecting me? One thought is they remind me of something or someone from my past that adversely affected me. When I feel this emotion, I need to question why am I feeling like this. Sorry Tom to use you as an example but is it really what he said to me or is it reminding me of something from my past, like a controlling parent? Perhaps it is a learning lesson for me to examine how I am being affected from things from my past and making me “overreact” to the present situation. This is hard to do but very powerful. It helps me to pause and not get mad or react with a responsive nasty put-down comment. (Plus it definitely helps with relationships.)

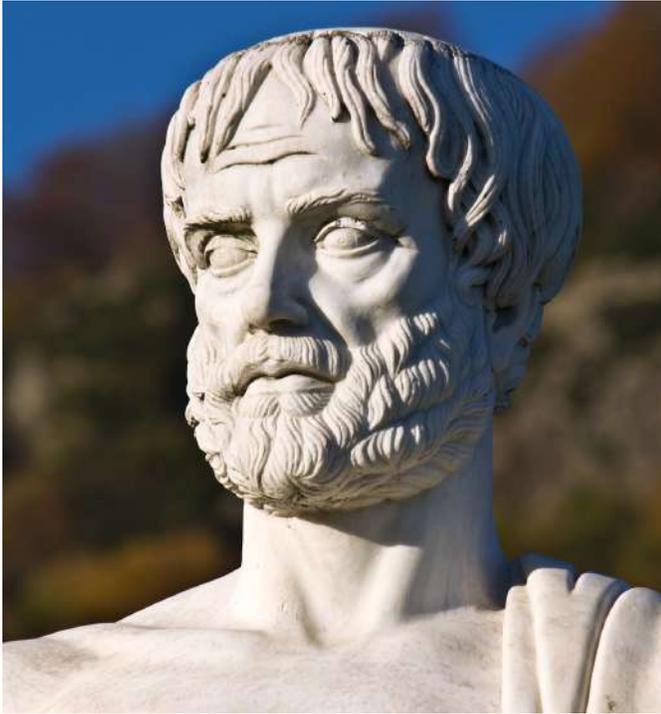
Another version of this is when you are in a good mood and someone comes within range that isn't. Recently I ran into a friend who was in a crummy mood. Saying hi and asking about her day, didn't cause a reciprocal comment. It felt like I was giving out positive energy and getting nothing back. Presto, my happy mood crashed. My first reaction was to feel “hurt” and wanting to blame. Then I thought, “OK why does this affect me so much? Why do I feel hurt or let down because this person isn't very friendly towards me today?” Then I thought, “Maybe I need to examine why it matters so much, give that person a pass and instead send positive thoughts.” For me, this helped me flip my mood back to positive.

I realize this is getting way too deep so I will wrap it up now. But if you see me clapping in a counterclockwise circle you now know why.



SETTLING CASES TWO SNEAKERS AT A TIME

ARISTOTLE'S ADVICE ON HOW TO BE HAPPY



A very interesting read is the book *Aristotle's Way, How Ancient Wisdom Can Change Your Life* by Edith Hall. If you don't have time to read the book, I will give you my takeaway from reading it.

First, I am sure you have heard of Aristotle but do you really know anything about him? He was born in 384 BC, a Greek philosopher, in Ancient Greece. He was a student of Plato who was a student of Socrates. These were philosophers before religion was even invented.

They were examining the meaning of life and as Socrates famously said, "The unexamined life is not worth living."

You don't want to be on your death bed and think, I wish I'd had the courage to live a life true to myself, not the life others expected of me. But how do you achieve this? Is this what it means to be happy?

Aristotle believed that the road to happiness requires you to identify your potential and work towards it. He believed this meant taking responsibility for your own life and not expecting happiness to land in your lap (no prince charming will swoop in and take you to the castle).



SETTLING CASES TWO SNEAKERS AT A TIME

He recommended finding your goals and not giving up. But he also acknowledged bad luck can happen. Aristotle believed that human well-being required justice, courage and self-control which he called virtue ethics. Virtue ethics to Aristotle meant being fair to everyone, fulfilling your responsibilities, which meant helping people, including yourself and fulfilling your human potential.

Aristotle quotes are worth remembering. Here are a few:



SETTLING CASES TWO SNEAKERS AT A TIME

HERE ARE SOME EMBARRASSING MOMENTS FROM MY PAST TO MAKE YOU SMILE

I OFFER THESE EMBARRASSING MOMENTS TO HELP LIGHTEN THE MOOD IN THIS DIFFICULT TIME. ALSO MAYBE IT WILL HELP YOU FEEL BETTER IF YOU HAVE DONE SOMETHING STUPID OR EMBARRASSING. MISERY LOVES COMPANY AND I HOPE THIS HELPS.

HERE GOES:

MISERY
LOVES
COMPANY



WEARING A WRAP SKIRT TO COURT AND HAVING PART OF THE WRAP FALL IN THE COMMUNE RESULTING IN A WET REAR END THAT MADE ME LOOK LIKE I HAD PEED IN MY PANTS. TRYING TO KEEP THE JURY FROM VIEWING MY BACKSIDE WASN'T EFFECTIVE.

GETTING A METAL TEASING
COMB STUCK TO MY HEAD WHEN
I WAS A TEENAGER RESULTING
IN A PATCH OF HAIR SHAVED TO
THE SCALP. THIS MAY BE IN
STYLE NOW BUT IT WASN'T
THEN.



GIVING A SPEECH WITH THE PRICE
TAG HANGING OFF MY SWEATER.
MINNIE PEARL WOULD HAVE BEEN
PROUD. FOR THOSE THAT DON'T
KNOW, THE TRADEMARK OF THIS
COUNTRY WESTERN STAR WAS A
PRICE TAG HANGING OFF HER
STRAW HAT.

GOING TO A DEPOSITION
WEARING ONE BROWN SHOE AND
ONE BLACK SHOE WHICH DIDN'T
PROMOTE CONFIDENCE TO MY
CLIENT. IN MY DEFENSE THEY
WERE SIMILAR SHOES EVEN
THOUGH DIFFERENT COLORS.



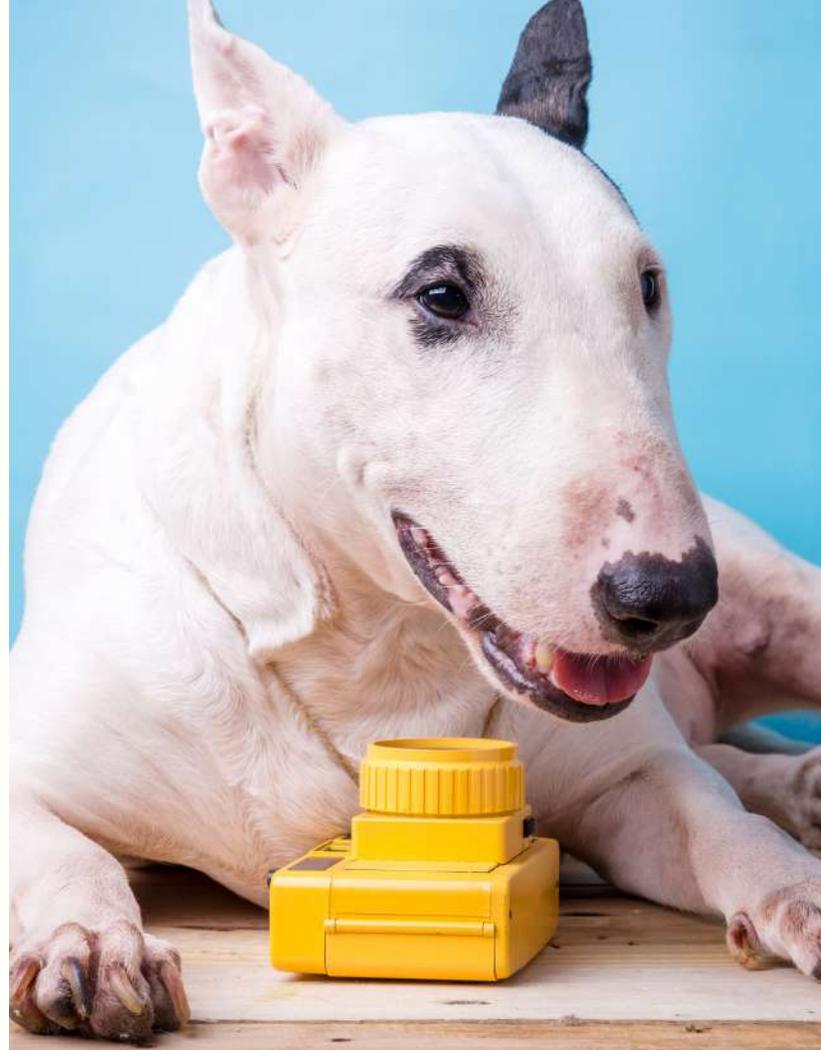
SHOWING UP WEARING A
SWEATER INSIDE OUT SO THE
TAG WAS ON THE OUTSIDE. I
USED TO HAVE AN ISSUE WITH
CHECKING MYSELF IN A MIRROR.

LOSING IT AS A BABY LAWYER BY GETTING ON TOP OF A CHAIR IN THE OFFICE AND TELLING THE HEAD PARTNER, "I AM TIRED OF LOOKING UP AT YOU. NOW YOU CAN LOOK UP AT ME." THIS WAS NOT AN EFFECTIVE TOOL FOR PROMOTION IN A LAW FIRM.



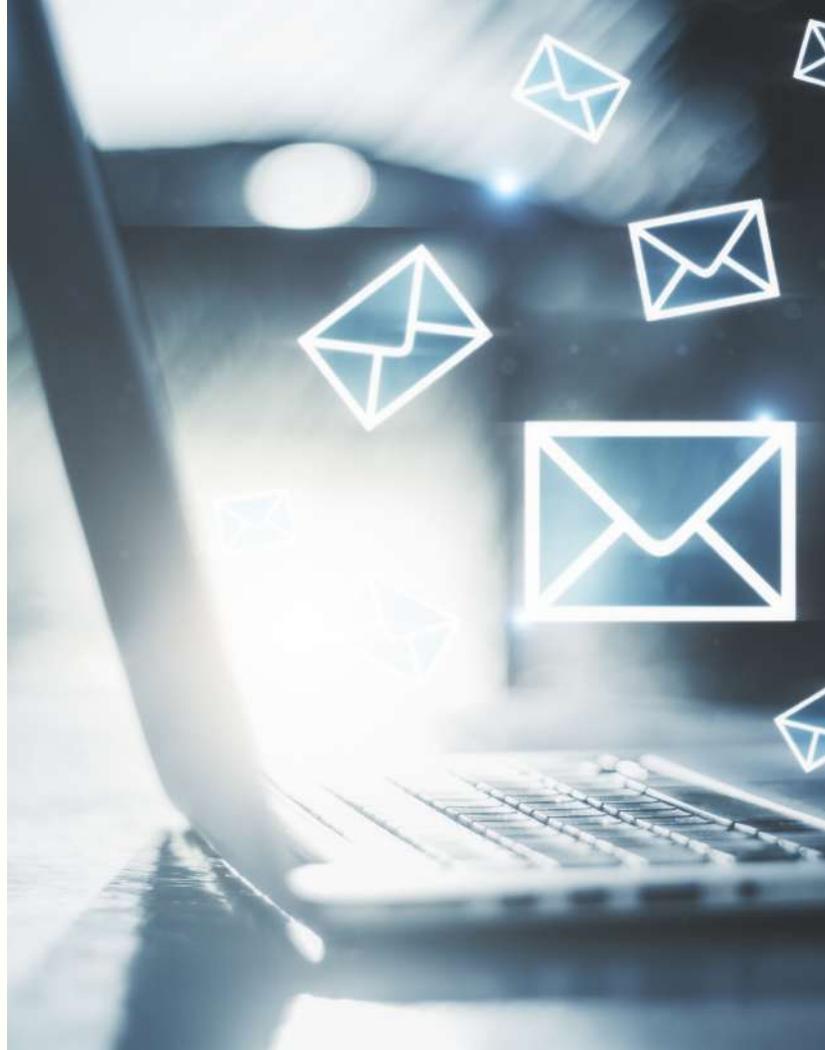
GETTING LOST AND TURNING UP AT THE COURTHOUSE FOR A TRIAL 30 MINUTES LATE. NO SURPRISE TO THE JURY WHAT THE PROBLEM WAS WHEN THEY SAW ME RUNNING DOWN THE HALLWAY.

FALLING DOWN AND HITTING MY
HEAD RESULTING IN HAVING TO
TRY A CASE WITH A SPUDS
MACKENZIE BLACK EYE.



MEDIATING MY FIRST CASE WITH
A TERRIBLE ALLERGY ATTACK
RESULTING IN MY HOVERING OVER
THE TRASH CAN IN MY OFFICE
BLOWING MY NOSE INTO IT.
KLEENEX NOT ENOUGH.

INSTEAD OF SENDING MY EMAIL
COMPLAINING ABOUT ONE OF MY
PARTNERS TO THE OFFENDING
PARTNER, SENDING IT TO THE
ENTIRE LAW FIRM INCLUDING
THE MAIL ROOM. THE THOUGHT
OF RUNNING AROUND TO DELETE
EVERYONE'S EMAIL WAS A NO
WINNER. NEXT RESULT WAS TO
BURST IN TO TEARS WHEN
CONFRONTED.



AFTER A LEGAL BOO BOO,
SITTING ON THE FLOOR OF MY
OFFICE, REPEATEDLY HITTING MY
HEAD ON THE WALL STATING I
COULD HAVE BEEN A TEACHER, I
COULD HAVE BEEN A SCIENTIST...

I AM GOING TO STOP WITH THIS
AS I DON'T WANT TO SET A BAD
EXAMPLE!

I HOPE THIS MADE YOU SMILE!