



News Release

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Are You a “Negaholic”?

Tampa, Fla. (May 1, 2014). Have you ever heard the word “negaholic” before? Well, it is a term that is used to describe a person that is basically a pessimist with the added factor of a thinking pattern that contributes to one looking at the negative side of any experience. A “negaholic” is a person whose vocabulary is sprinkled with words like: can’t, disappointed, discouraged, sad etc. There is also a tendency to focus on one’s errors and how things didn’t work out. Some questions to ask yourself are:

- **Do you find yourself expecting the worst and expecting disappointment?**
- **Do you tend to focus on your flaws and limitations rather than your strengths and successes?**
- **Do you tend to underestimate your good points?**

Some effective strategies to help yourself deal with “negaholic” thinking is to:

- **Intentionally focus on one positive acknowledgment of something positive each day**
- **Challenge a negative thought by forcing yourself to come up with one positive possibility**
- **Make a list of strengths and focus on one of them for an entire week**

A good book to read on this subject is *Negaholics: How to Overcome Negativity and Turn Your Life Around* by Cherie Carter-Scott, Ph.D.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24 hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don't have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are struggling with "negaholic" thinking or behavior or help in dealing with another about whom you are concerned, help is just a phone call away.

Sometimes dealing with letting go of old patterns can feel overwhelming because we've been responding in the same old way over and over. So if you are struggling with the question of what you need to change or want to change and need some help in accomplishing your goal, help is a phone call away. The EAP can help you find a new path so that change is managed, relationships are healed, support systems are developed, and expectations are kept realistic.

About Wood & Associates

Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.

Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.

Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.