

## Negative Team Behaviors

When we take an action from a triggered state we tend to perpetuate a dysfunction in the relationship. I call these action 'negative team behaviors' because they act as a pollutant to the other person or team. You may feel justified by taking one of these actions, and it may feel out of your control, but this rarely solves the problem. In fact, things get worse over time because negative energy is not being managed well.

Behaviors range from passive to passive-aggressive to aggressive. An example of passive behavior is gossip. An example of passive-aggressive behavior is sarcasm. An example of aggressive behavior is yelling.

Here is a list of some negative team behaviors:

colluding  
physical aggression  
complaining  
laziness  
avoidance  
gossiping  
dishonest yes  
nagging  
stonewalling (talk to the hand)  
giving the middle finger  
belittling

sarcasm  
lying  
bullying  
apathetic shoulder shrug  
campaigning  
'two-faced'  
hold grudges  
silent treatment  
yelling  
rolling of the eyes  
disgruntled sighs