INTERPERSONAL ALERTER

"Giving off good vibes can be just as contagious"

As we shift our energy from personal energy awareness to interpersonal alertness comes an all-important point. The more connected we are, the more we affect one other energetically – be that positively or negatively.

This means it's more than about mindfulness and shifting paradigms. It's about assuming personal responsibility for how our emotions and energies impact those around us. This brings us to Earned Confidence and relying on it to defeat needless worry because - when we express uncertainties to those we count on for support now we're unnecessarily imposing that negativity on our loved ones. And, of course, you're there to lean on one another when times *are* tough, but this is not that – at least not yet.

In short, we have a personal responsibility toward one another to stay positive, or at least neutral. And, if we truly are managing an actual negative circumstance, that we remain self-aware about our energy exchanges with others.

This may all seem extreme, but you'll soon realize it is not. It's true that there's no scientific device to measure that interpersonal energy exists. However, the sensations can be as palpable as knowing when the sun is warm, or a breeze is cool. You know when someone's smile lights up a room and their positivity is contagious the same as you do when someone's negativity has a vampire-like quality.

Interpersonal energy is distinct from how we interpret nonverbal communication, such as someone's facial expressions, body language and tone of voice. Most people do not consciously register it but are affected by it regardless. There is an ebb and flow of unseen vibrations in large social settings, such as when a crowd cheers in elation or boos with disappointment. That energy is even more direct in one-on-one exchanges and those in small, intimate groups. Our energy responses to others can lead to feeling energized, rattled, neutral or drained. Of course, the same applies to how our energy impacts them.

This is another reason why it's essential to better manage our personal energy, assume responsibility for how we affect others and be more alert about how others affect us. It's another reminder why the 3-Day Rule Contingency Plan involves those who lift our spirits.

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ACTIVITY 1: INTENTIONAL ENERGY OBSERVATION (TIME: 10 MINUTES)

This is simple and straightforward. During your next two interpersonal exchanges, make a conscious effort to remain attentive to both your own energy, how you affect others and the other person(s) energy and how they affect you.

ACTIVITY 2: INTENTIONAL ENERGY EXCHANGE (TIME: 10 MINUTES)

This too is simple and straightforward. During your next two interpersonal exchanges, make conscious effort to positively affect others and observe the exchange. This can be as simple as going out of your way to smile or pay someone a compliment. Ideally, it's when you encounter someone who is less aware of their being in a less-than-stellar mood. That may be a cashier, clerk or restaurant server. Start a conversation. Crack a [respectful] joke. In short, instead of adapting to the energy in a room, be the one to influence it.

ACTIVITY 3: INTENTIONAL ENERGY ALERTNESS (TIME: ONGOING)

From now on, at the onset of every personal encounter, do a quick self-check to be mindful of your mood and related energy. At the very least, remain respectful not to impose your negativity on others. Similarly, make a quick observation of the other person's mood and energy. Not everyone is possible to intentionally cheer up. Though you cannot control others behavior, you can remain in complete control to remain mindful to not absorb anyone else's negativity as well as remain poised in your responses to it in real-time.

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