LIFE HACKS

The Only Way to Win with a Toxic Person Is Not to Play

By bestfolkmedicine · 08/09/2020 · 2 min read

Unfortunately, toxic people are everywhere-whether in our family, at work, in school, etc. it's not easy to avoid them altogether.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Toxic people are constantly putting others down without feeling bad for it and without any need to apologize-even when they say they're sorry, they rarely mean it.

So, any apology or form of an apology you get from a toxic person is probably fake. This person only sees people as a means to an end and will use you as much as people allow them.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

How to Get Rid of Toxic People?

The sooner the people who're victims of toxic people realize that not everything is their fault, the easier will they be able to get away from them.

However, before anything else, you need to recognize a toxic person. Here's how:

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

- Toxic people think that others are wrong, always
- Toxic people don't respect others' boundaries
- Toxic people blame others for the negative emotions and situations in their life
- Toxic people are dishonest
- Toxic people don't normally apologize

- Toxic people love playing the victims
- Toxic people rarely listen to others
- Toxic people make others feel defensive about their decisions
- Toxic people have inconsistent attitude

How to Deal with Toxic People in Your Surroundings?

These people rarely change and it's therefore pivotal to know how to deal with them, especially if they're in your closest family or circle of friends.

Here are several ways you can do this:

- **Be firm about your boundaries-** we all need to have a healthy system of boundaries others should respect it
- **Be assertive, but do not condescend**-be firm with your boundaries and try to make others feel bad as little as possible.
- **Avoid talking about your private matters with these people** –they can later use it against you!
- **Remember that toxic people can only change if this is their goal**-don't lose yourself into the demands of their negative influences.

Sources:

POWERFUL MIND

HEALTHY LIFE BOX

Read online: https://bestfolkmedicine.com/2020/09/the-only-way-to-win-with-a-toxic-person-is-not-to-play/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.