LIFE HACKS

5 Situations when It's Best to Keep Your Mouth Shut

By bestfolkmedicine · 19/03/2021 · 3 min read



Is someone looking to start something with you?-Here are 5 good reasons to choose silence and why it's good for you!

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Indeed, there are a lot of situations when it's very hard not to respond to someone when they've pushed your buttons.

However, in such problematic instances, there's not much sense in responding or reacting impulsively. A better approach would be to take a moment or two and think whether your reaction will improve or worsen the problem.

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Below, read 5 good reasons when it's better to stay silent and not react immediately to provocations, despite a strong provocation to do so.

5 Situations when It's Better to Remain Silent

- **It will probably offend someone**

If your comment won't have any realistic chance of resolving the issue or bettering the relationship, it's better to stay silent. It could just offend that someone and yet your relationship with them is important.

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Some individuals may be supportive, loyal, and kind, yet highly reactive to criticism and take offence fast. Others will probably make it impossible to consider a different point of view.

So, saying something that would do nothing else but stress them out and emphasize the differences between you even more may backfire.

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Try to find another way to resolve your frustrations with them when you've cooled down.

- **It will only make you even angrier**

When you follow your impulse and attack a person who offended you will probably make things worse. All emotions, including anger, depression, and anxiety are best when kept at a medium level.

Once pronounced, your good judgment is compromised and you will probably react in a way you'll later regret. Try to calm yourself, remember to breathe, and visualize relaxation rather than just thinking about retaliation.

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If you've noticed your face starting to flush, your heart rate increasing, and your hands shaking, it means that your feelings will probably overtake your logical thoughts.

So, breathe deeply and try to rationalize what's happening between your ears.

- **It may strengthen a behavior that has to change**

When children go into tantrum mode, they want to get attention or manipulate a situation to get things done their way.

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With only a couple of exceptions, it's always better to not react to this behavior, but rather ignore it.

By doing this, you help reduce the impulse, rather than strengthening it. Young people need to learn how to deal with the frustrations of life that are inevitable.

If you also react impulsively to their tantrums, you're actually showing them that this increases their chances of getting what they want.

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And, this is no side's best interest.

- **It would dignify the degrading of your personality**

If someone wants to taunt you, there's no good reason to respond to them.

When they attack what you've said or written out of malice, responding them may give their words about you meaning.

Here, consider the 'I won't dignify that with a response'. People will realize that you didn't react to their comment because it hardly needed a response. Realize that others can hurt you only when you let them.

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The power comes from ignoring their jabs. Always ignore non-constructive criticism and choose silence.

- **It would make them angrier**

If someone is fired up to the point of being unable to listen to what you're saying, it's better not to respond.

It would only make things worse since the other side will see it as interruption-as if you're not taking them seriously or listening to them.

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If the other side is angry, focus on hearing them out and only then will they try to listen to your interpretation of their issue.

When you see them overreacting, try to remain calm and increase the chances that by making them feel heard, you'll also help calm them down.

Only then, try to express your view on the situation.

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Sources:

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