LIFE HACKS

5 Effective Ways Successful People Handle Toxic Individuals

By bestfolkmedicine · 29/03/2022 · 3 min read



Toxic people often defy logic-many of them are unaware of the negative influence they have on people around them and some of them seem to enjoy creating chaos and pushing others' buttons.

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Whichever type of toxic person is present in your life, they all add to the complexity and increase stress.

According to studies, prolonged exposure to stress can have a negative influence on mental and physical stress. Stress threatens a person's success, so if there's a toxic person in your life, here's how successful people deal with them.

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5 Ways in Which Successful People Deal with Toxic People

1. **They have limits, especially with those who complain a lot**

Negative people who complain all the time are only causing problems and never focus on finding solutions.

It seems they want others to join their path of negativity so that they feel better about themselves.

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Sometimes, others may feel pressured to listen to the complainers to avoid looking rude or without compassion; however, the line between being a sympathetic ear and getting sucked into their negative is pretty thin.

Successful people resolve this through limits and distancing when needed.

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Ask these people about the solutions they have in mind-this will cause them to go silent or redirect the conversation to another topic.

2. **They're aware of their emotions**

Keeping an emotional distance demands awareness. You can't prevent someone from pushing your buttons if you're not aware of what is going on.

Sometimes, you will need to think things through and realize what things affect us and in which way.

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By understanding how others influence us, we can have a more suitable reaction to toxic people.

3. **Don't allow others to limit their happiness**

When you depend on others' opinions for pleasure and satisfaction, you're not the master of your happiness. On the other hand, people with emotional intelligence won't let others diminish their sense of satisfaction or happiness in any way.

We can't turn off reactions to us, but we can stop comparing our lives to those of others and don't take everything others tell us seriously.

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Self-worth is nourished within a person and no toxic person's words can diminish this.

4. **They never forget**

Though an emotionally intelligent person may forgive, they won't forget.

This mistake will teach them a lesson, although they'll forgive them so that they can move on.

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These people won't allow others' mistakes to bog them down and they will let them go fast while protecting their own best interests.

5. **They look for solutions**

An emotionally strong person isn't dwelling on the problem but is rather focusing on the solutions.

Otherwise, it's only prolonging the negativity. When you work on solutions, you feel efficient, reduce stress, and create positive feelings.

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Don't fixate on toxic people's difficulties to prevent them from having power over you. Avoid focusing on how difficult they are, but rather on how you're going to handle them if necessary.

This will help you feel in control and decrease the stress associated with communication with them.

Sources:

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