Handling Negativity and Using it to Make You Better by Tarabrooke

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At some point in your life, you will encounter people who will try their best to put you down. These people will criticize and complain about so many things, which are most of the time, trivial and unimportant. Although you can always ignore them for some time, all that negative energy can still get to you. The criticisms will eventually drain out your energy, lose your focus, affect your work and even change the way you see yourself as well.

Without a doubt, being around these kinds of people can be very difficult. But there are always ways to turn things around. Read on and discover just how you can overcome negativity like a champion.

Talk it out

If all that negativity comes from a certain person at work, then take time to talk it out. Politely ask for her time so you can have a little conversation in private. Be as honest as you possibly can and never be accusing. Give her the opportunity to talk and hear her side as well. You both might have had issues in the past. So be very open and be accountable for any lapses on your part.

Understand

Sometimes, people backstab and criticize other people simply because they feel depressed and miserable about themselves. So remember, the issue may not be about you at all. Once you understand this, all the gossip and backstabbing won't matter anymore. If this is the case, the best thing that you can do is to simply ignore them. They'll eventually tire out and move on to other things.

Stay away

If you feel overly criticized and unappreciated by someone, then you can simply stay away and avoid making conversations when necessary. Surround yourself with happy people instead, people who understand and appreciate you for your capabilities and for who you really are. It can get as simple as that.

Turn the conversation around

If you sense that the conversation is turning into gossip or backstabbing, turn it around before you get there. You always have a choice. Change the topic or give them the bright side of the situation. The more you dwell on the negative topic, the more it can affect you and the rest of the people around you.

Selective listening

Never believe everything that you hear. There are things that are worth your attention and there are some things that are not. Be very selective in choosing which from which. What you listen to and accept as a fact can greatly affect you and everything else that you do.

Be positive

Negativity is a mere outlook or emotion so you'll always have a choice to turn it around. So teach yourself to always look at the bright side of things and not be easily let down by criticism and gossip. Words are powerful, but only if you choose to listen to them or not.

Live your life the way you see fit and never base it on other people's expectations. You will always encounter criticisms and disapproval every now and then but how you come out from all these negativity is what will truly define you as a person.

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Tarabrooke - About Author:
Tara Brooke is an entrepreneur, model, and author of, â€œBeautiful Ambition. Tara fitness and beauty guide is yours FREE. Learn just how she stays bikini ready year round as well as her personal tips on beauty, a relationship advice for women for women and a healthy lifestyle.

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