

5 WAYS TO DEAL WITH TOXIC PEOPLE

If after being with someone you feel you lose energy, you feel tired, cranky, ignored because he spoke only of himself, your features are strained when present and feel a great relief when you leave, you're likely to say that a person "toxic." On more than one occasion, all we had to interact with people well.

These can be friends, coworkers, neighbors, relatives and even your partner. These are people who wear your energy and can somehow get to poison the essence of who you are.

According to Lillian Glass, author of "Toxic Relationships, 10 Ways of dealing with people you life difficult," toxic people is not a positive endorsement for anyone. These are people who see only negativity in you. They become hostile when you are well and are manifested in different ways. However, it is unclear whether the toxic people is a result of their evolution (how are bred), their specific biological character or combination of both.

Anyone can be a toxic person, regardless of their socioeconomic status, age or education. In any group is natural to expect that we find manipulative, narcissistic, authoritarian, gossips, psychopaths or envious, because no group is free to people with any of these characteristics. The issue is learning to act so as not to fall into the networks of the toxicity of these people or we get to behave the same way.

How to recognize and protect people exhausting

Human beings are individuals, this means that each person has their own personal and unique map. On the map, NLP defines the baggage that each person brings to himself. Therefore, each person can act and react differently to a given stimulus.

Words have great influence, both in ourselves and in others. Our words can motivate or another can hurt deeply. People have had a life so full of love, balance and positive things that do work for life and give much to those around him.

However, there are others who bring a sack full of disappointments, problems and negative attitudes that cascade into his path. Are generally negative people inside incorrigible because they believe it is okay to think and act like they do.

Glass explains in his book, you can recognize a toxic person because they continually talk about negative issues. Rather than flatter for something, attack your weaknesses, do not accept the first opinion or suggestion, are hurtful, aggressive, inflexible and easily aroused if they contradict. They are always right. Such people differently to affect everyone.

However, these people are reflecting what they carry in their hearts, a lot of negativity, resentment, envy, jealousy, criticism, frustration, low self-esteem, need to be recognized and approved. And what they get is just the opposite with his hurtful and rude attitude towards others. People tend to stay away from them and be cautious.

Toxic people are also showing passivity and posing as "dead flies." They are the "whiners" constantly need your help, the lonely, relentlessly criticizing others, are nosy and their attitude that they are sorry. These people are exhausting because they suck your energy, your time, your motivation and enthusiasm that they lack.

They are empty and are looking to fill the hole with your friendship, relationship or company. This kind of tired, bored, limit the conversation and you have to constantly encourage them (you lose your energy) because they squandered their thoughts the defeatists who do not lead anywhere.

Once you've found people like these in your life, there are several tips you can do to treat them without upset you:

1. The first step is to get away from people you've identified as toxic or draining. Many times it is so easy to do, as they are within our social circle, work or even family.
2. Take a breath or more before being with this person. Take a breath, to carry you energy and positive thoughts so you can think better. More oxygen will calm you and allow you to be in control of your reactions. Keep in mind that this person brings a different background to yours and works with what you have. It is not personal, it's with everyone, not just you.
3. Make a personal protection. You do that by closing your eyes, breathe deeply and let your mind manufactures a protection for your emotional side. Your mind will manifest some form with a size, color and texture. Let arises, this will be your protection. It may be a glass, a door, shield, etc. What has emerged in your mind is fine. This is your protection for your solar plexus, so you will not affect what that person can say or do. Keep in mind your protection when you're with these people.
4. The fourth step is to change the subject. If the conversation is taking a dangerous path of challenge, change and stress on the environment, which is appropriate to make a "separate state" and subtly change the subject. If you are talking about politics and the person is praising, it changes the subject to something completely different, such as summer vacation. This will go out immediately altered emotions and thinking about the holidays, there are other positive emotions. If you need to change the subject several times, do it with subtlety to avoid falling into unnecessary confrontation game.
5. The technique allows direct attack "teasers" in his own skin to know that you do not think you are so funny and you are not subject to their jokes or stories. Use a firm voice to cut them off. When the pranksters make a sarcastic remark at the expense of you and say it was "just a joke", you must put in place immediately. Do not feel bad to talk loud or hurt their feelings. After all, these people have no regard for yours.

Source: Karen Sloan. Adaptation: Victoria Andrea Muñoz Serra.

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