



TOXIC PEOPLE

There are people wearing, intimidate, objectified, brutish, blamed, muddy, ninguneo poisons. They are toxic.

They have two things in common. One: their weapons are fear and guilt. Two: they have low self esteem and need to destroy that of others to feel good. "Your emotional drug to see the other wrong." And to have your dose take two roles: either authoritarian or victim.

The first is the one who says things like, "Who will love you if you leave? No good for nothing."

The second, meanwhile, is often out with a "pay me this money, which I have sacrificed for you."

Jealousy, desire for success and love of others exclusively, are the source of harmful links.

For the American psychologist Lillian Glass, the root of all human relationships toxicity is jealousy. Why are some people close to loved ones or friends, we are hurt, angry with us, try to beat us or try to harm us seek to dislike sarcastic phrases or responses that discourage or falsely happy our happiness or success?

Why make us destructive criticism?, Due to jealousy and envy co?, For whom the discontent and feelings of inadequacy cause the craving for possession, success and love of others and the desire to have them for oneself exclusively.

Jealousy

The frustration of others who see us as winners and they consider themselves as losers, compels them to beat us mentally and verbally, and sometimes even by physical violence. It also leads them to engage in games annoying, dirty cruel words and behaviors.

Jealousy or low self-esteem are the reason many negative behaviors towards us, but also because similar conduct covert us to others.

When toxic people are part of the family, can pose a real psychological problem due to the existence and continuity of the link. If you are at work, may put at risk our continued employment, because our performance suffers ongoing conflicts.

The magic formula to detoxify our relations to face contact is what bothers us the other and speak openly.

One solution is to maintain a sense of humor. Relax the tension and fun, with this subject can respond to toxic and get the benefit of laughter. First you need to relax, breathing slowly in and out a few seconds while we remember the words and toxic actions, as if they were expelled from the body along with the air. Then you have to say something funny, that will bring out the verbal abuser. This serves to remove tension.

It is also important to stop thinking all the time on the problem, which only serves to amplify it, because the mind is like a magnifying glass: what increases focus. There are times when a toxic person our mind seems to collapse, becoming the only thing we can think, which is harmful. You have to scream or say enough mentally to think! and support this expression with positive statements such as: I am important, my life is valuable and I am happy.

The poison does not abuse those who want to, but who can. It smells like those who are afraid to say no, to set limits. When detected, enters his circle of trust and displays all the artillery.

Although we must not rule out self-examination. "When someone does something that hurts or gives a lot of anger, is that it plays an Achilles heel. We must transform the wound in a source of learning. Ask yourself: Why it hurts so much that I greet the boss? Will my mother made me feel invisible? ". Otherwise, "encapsulate the bad emotions, send in and get sick in body and mind." You have to interact with people who add value to our lives.

CHARACTERISTICS OF TOXIC PEOPLE

- Create conflicts between different people around, it makes them feel powerful, they grow.
- Bridled them, they believe, or are, victims.
- May have an immaturity in the background, having been overprotected, or not treated in childhood.
- In general they are misfits, as if they were in the right place or company.
- They are usually misguided vital energies. Inappropriate verbal aggressiveness.
- Do not get used to practice physical violence.
- In the background are uncertain, without courage. So are victims.

Socialization

- It is prone to create their own rules, claiming that the outside suits him, rather than adapt to the surroundings the habitual or more social. This marks all the chapters of his personality
- The nuance of the environment need to measure, before he creates a suit inner torment.
- It is more likely to be friendly and social strategist unknown relationship, which in normal everyday environments. These can be displayed incisive, provocative, angry and ironic.

The Person

- It has a high energy level, need for action. Even with the continued effort, you may feel fatigue. This energy can be channeled not well and creates conflict and moments of confusion, malaise inside and rough or aggressive communication ...
- Likewise, their morality, marked by self-esteem, have high self-concept that can make you feel above his fellows.
- It is more introspective, withdrawn itself to expansion to the alien.
- Have an attitude of opposition to the trend setting approach to argue with others that do not match yours. Does not accept criticism.
- Traits appear materialism, idealism, uncertain and contradictory, inwardly tormented and careful in their appearance. There is an apparent ambivalence.
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Skills and Activity

- The evolution of their graphic is appropriate to their age and skill level. Although it is a sign of ingenuity in their strokes. (Immaturity)
- Ideas that do not materialize.
- Synthesis capacity, and intellectual, latent, something missed.
- Possibilities of creative work, invention, synthesis analysis that fails to perform, such as cuts due to lack of initiative.
- Thus, although is trained to exercise different mental type tasks and practical, is constricted between the possibility of progress.

Emotions and mood

- Moves oppressed and afflicted by internal conflicts.
- Shown exalted in his ideas with a disproportionate overstatement, since at the same time, the relationship needs of others.
- High level of anxiety in social events and staff, inadequate, or interpersonal treatment can be assessed as unethical. This action is to channel their tensions. There was no depression itself.
- Rather, it is at a level of anxiety and tension channeled abroad.
- In the mood swings are detected, while maintaining coordination.

CATALOGUE OF POISONOUS PEOPLE

1. The manipulator: These individuals are experts in manipulation tactics and management (sometimes not so) people. With them, you may not even realize it has been tampered with until it's too late. They see others as devices for their ambitions.

2. The narcissist: They have an extreme sense of self-importance and believe that the world revolves around them. They are shrewd as manipulative, but instead, tend to be very open about how to meet their needs.
3. The depressed: can not see the positive in life. If one is optimistic, they will do everything we can sink our expectations emerging intimidation mistaking harass us on all sides, wickedly and without regret on your part.
4. The judge: When you see things in a way they invariably will see manner contrary.
5. The killer of dreams: Every time you have an idea, these people say you can not take place, which is impossible and not get in life do. When they see that might get it, it would be feasible, they try to throw you down, sumirte in doubt and constant demoralization.
6. The liar: Those with whom we feel are never sincere. Are overly friendly and often have a permanent smile from ear to ear, but are overloaded with falsehood.
7. The disrespectful: These people say or do things at the most inappropriate and most of the time, inappropriately. In essence, they are more subtle, but they are thugs in power.
8. The unsatisfied: To these can never be enough so they are well and happy. They often have unrealistic expectations, always see that everything around the boycott and never take responsibility for their own actions.
9. The victim-querulante: it makes you feel guilty for not being as miserable as he.

Also included is the chatterbox, the gossip, the sharp, dark and doomed victim, stabbing two-faced, the joker, the spiteful and authoritarian bully and a liar. All personalities are different ways to agree poison the lives of others.

Other versions of toxic individuals, we can discover in our environment are the individual intrusive, the fanatic, the vain, the competitor, the control freak, the critic accuser or the arrogant know-all.

THE FIVE MOST COMMON POISONOUS AND YOUR POISON ANTIDOTE:

The Complainer

It's that if it rains bothers you and if the sun comes out, too. Make a habit of the complaint. They have dreams, they are dependent, live angry. The antidote: they complain even more. For example, before a "this country sucks!" Opposing a "this country, the international community is going to sink, everything will explode at any moment". If he tries to counter with a "no big deal", the complainant is grown.

The Aggressive

Mordant, intimidating, offensive, abusive. It is an uncertain who always wants to take a pulse and eventually leads to a spiral of violence. The antidote: ignore, lifting an invisible shield. Other techniques include the monosyllables of the broken record: a systematic answer "I do not care."

The Blaming

It is he who believes that when it is going well for him, and when things go wrong, it is for others. It's inviting love suffering and pain. Also enter here the type of mothers who say, "I gave birth with pain and now when I need it, you should be at my side." The antidote: in addition to raising self-esteem and give us permission to enjoy, there to recite like a mantra: "We are not to blame for the decisions of others"

The Envious

Toxic is the subject lives in constant comparison. Thinking that you can not achieve anything, feels a deep anxiety. And the only way to calm her down is disqualifying. Need to look bad to the other. The antidote: "we must not count our blessings to the whole world, we must elect those who are glad for us."

The Authoritarian Leader

Toxic rise. Scary and needs to feel in control. The antidote: If your action is timely flatter. Need caresses.

TOXIC RELATIONSHIP

A common factor in these types of couples, as well as unhappiness, there's always one who constantly tries to maintain this relationship however impossible this is, thus wearing out and causing even more dissatisfaction.

Some questions to be asked to determine if a toxic relationship

If the answers are yes it is very possible that we are involved in a relationship like this:

- Why you feel so hurt moments you wish you be with that person?
- Is there too much blame, sarcasm, irony and ridicule handling mechanisms between the two?
- Have you lost the ability to decide for yourself?
- Do you feel that you need to blur as the other person to be happy and not cause conflicts in the relationship?
- Do you give in to the wishes of the other all the time, so as not to cause problems and in the interest of peace and harmony of the link?

What is a toxic relationship?

- A toxic relationship is one in which one or both people suffer much more than what they experience joy and pleasure in being together.
- A member (in some cases both) are subjected to heavy wear by trying to sustain the relationship.
- Causes more dissatisfaction than happiness.
- Feelings of well-being that in a few moments are very fleeting.

- It is often necessary to silence or ignore certain things that, given the importance that they do have, would cause great pain and even come to jeopardize the continuity of the couple.
- Often your partner hurts and saddens you out too much.
- Use mechanisms such as guilt, sarcasm and ridicule to manipulate, undermines your confidence and your ability to make decisions.
- Sometimes a person comes to a situation that does not recognize himself.

Why get involved in a toxic relationship?

Low self-esteem

- The rescuers believe us / as: fantasizing about the idea that we can change that person, we have come to life to be transformed into another kind of human being, better, as we want to be.
- Assuming the role of victims: who's going to want or accept as this person who deigns to give us moments of your time, or live with us, in short, to give us time his (bad) company when it pleases.
- The urgent need for demonstrations of affection: this type of craving is a bad counselor, and adds to the need to fill deep gaps. Sometimes results in tolerating anything for a little of what we glimpse as affection (a demonstration of affection, sex, a gift), but actually conceals other conduct background (use, abuse, selfishness, abuse, lack of respect, etc..).
- Be accompanied at any price: the fear of loneliness is a preliminary step toward a possible toxic relationship, literally anything can tolerate in order not to be alone
- Boredom: the search for new sensations can only see one facet of the personality who attracts us, the fun and nice to us out of lethargy. So we can not clearly see the rest of the personality of who we are attracted, which is toxic behaviors that initially did not identify.
- The urgent need to fulfill a social role, such as that of wife / husband, mother or father. This may be able to reach us prioritize the order rather than see the person we choose as it is.
- Sometimes we try by all possible means to mask the reality to continue to maintain the appearance and social structure, although the domestic cost is usually too high.
- Fear of moving forward in life: sometimes accept to stay in an area known rather than grow, develop, change and improve ourselves.

Can one leave a toxic relationship?

- Abandon the role you took on this link and be a savior, abused, who-all-you-hold on, losing or submissive.
- The other person will automatically change its position to treat because it does not find the same echo of your party (for example, that one person in the role of "executioner" must be its counterpart, someone who assumes the role of victim).
- You may not be easy to control your emotions or feelings, though you can choose what to do and what not to do with them.
- Always think that you are free to decide what kind of relationships and people will surround you every day of your life.

TOXIC FRIEND

Toxic friends are those who say word be your friend, but his actions will cause pain, because their behavior is not what you expect in a friendship. Very toxic people mask their feelings of selfishness.

- Generally when dealing with their problems occupy many hours of your life contándotelo, but when you're the one who needs comfort, do not have time to help.
- Breaking promises continually presenting lame excuses.
- They always want to be ahead of you. If you tell you had a job offer incredible, nothing tells you that they just offered them something far better.
- Do not keep your secrets, making public mockery of things that you asked him not to tell.
- Tends to handling, in a subtle way you end up believing that if you break their friendship will damage your reputation.
- Only talk about yourself, when you want to take care in another topic for starring in the way.
- Insults you, whether in public or in private, only done it in a way that you do not realize right away, but when you think things cold.

You should not bear this kind of people who only bring negativity into your life, so it is preferable to break that kind of friendships and cultivate those you provide for us.

TOXIC VAMPIRES

They reflect the essence of his heart: so much negativity and eternal pessimism, resentment embedded in the skin, deadly envy, jealousy, destructive criticism, infinite sadness, emptiness, frustration, low self esteem, unhappiness, need to be recognized and approved, and be important above all things, to be the axis of the earth. However, what they get is just the reverse with his attitude hurtful, mean and rude to others.

People tend to shy away from them and be cautious, even afraid, because the relationship is difficult.

This eventually forms a large bridge to cross, especially when you decide to maintain a relationship with another person who even remotely resembles the Vampire. You get to think it is impossible to have a person who cares about herself but for others. That accepts you as you are, who loves you for who you are. Even to lose the chance to be happy with this new person, for fear of suffering the same consequences that occurred with the parasite that had in the past.

They arrive to cancel both our self, which leaves us jaded, hurt and disappointed to the point that we preclude a normal relationship with someone together.

There are also toxic people passive and pose as dead flies, and are the whiners, constantly need your help, the lonely. Tirelessly criticize others and expelled by his attitude: pity and pathos.

These people are exhausting because you absorb the energy, your time, your motivation and enthusiasm, your joy, in short: everything that they lack. They are empty and looking to fill that hole so deep that has been in the most putrid of his being with your friendship, relationship or business. These people bother you, you're bored, you get tired, limit the conversation

regardless of your ideas, and you have to constantly encourage them (losing your energy) because squander them at close range with your defeatist thinking, not lead anywhere.

Weights are subtracted sink and you forever. Are those who tell you things about themselves and have no interest at all to ask anything, or know your thoughts because they are naturally egocentric beings in the broadest sense of the word. Nothing and no one will come in handy. All are a nuisance, and hate every person on the environment.

They conspire to fluyas not friendly with anyone, and try by all means to stay excluded from the world of enjaularte esposarte and under house arrest, to introduce you to an ice cold bubble which is not allowed anyone to step not himself.

Dr. Bernstein (psychologist), says, "are different from normal people. They may look more attractive, more exciting, intelligent, charming, creative ... but" his need "is greater than any other, and assume that the rules are not to apply to themselves, but to ordinary people. Never feel guilty and when they discover, are angry and manipulative, and change their ways. They play their roles so well that deceive others quite often. "

The crack has an emotional, psychological abuser will jump, because we ourselves we will have paved the way for you to absorb your energy. This begins a lethal destruction process that contributes energy thief and the victim that initiates a process of self-destruction by letting emotional vampire comments concerning it.

The thief usually have power unhealthy behavior, and are characterized by their tendency to melancholy and depression, rage and anger. His lack of energy makes up for feeding on the ethos of others. Because they are unable to generate adequate positive attitude to feel good about themselves, unconsciously to compensate for this deficiency, victims seek nurture them.

Even if you think you, will never help such people to have emotions and feelings that you stay away from this need to vampirizing emotionally to your partner, you will most likely never get it. As soon as you have used to "feed" will go to find the next victim.

No matter what you say, what to put excuses. In reality these people do not want your help, are to them as just an "emotional nourishment." Are unable to feel emotions or feelings for anyone, its need to sustain your energy without giving his turn, is superior to any other need. Be cautious and alert to those people who ask you all to nothing.

When the offender psychic in a negative set on you, think you have a positive and above all, you have to know that what he says is not true, just make something diabolical about you because it sees you and knows that his fragile I will comment to cause harm, even if false.

The more persistent in their behavior, the more you play. Unfortunately, most of these people are not aware that what they do is wrong and, therefore, talk to them about it, may be useless, most worsen with age, so that the impact of their actions is more on a stronger over time.

The mirror technique to counteract

You can force people to see reflected toxic behaviors. If someone does not stop talking about preventing others do, the answer may be barking. When the poison street and ask what's wrong?, He explained that this is the attitude he has with others.

For individuals to see how absurd toxic are your ideas, comments and attitudes, it is best to ask them simple questions quietly become a logical progression that goes disrupting their arguments, one after another.

To those who hate black people might like to ask: Are there many people of color?, Have you lived with her?, Does anyone hates him for who he is? Your answers will evidence how ridiculous their ideas. And there are always more questions to put them in evidence.

Although it seems difficult, try to use the warmth. Turning anger into kindness is an answer right in front of many who go through life hard. The reasons for its actions are often insecurity and low self-esteem. Knowing that these are the causes of toxicity can be controlled and transform anger into kindness, which calms down the beast.

Another antidote for mental toxicity is to let go of any feelings about the person poisonous: it out of our lives, not worrying about it, do not wish any good or evil, see the disconnect with her, leaving her behind.

Sometimes the presence of ongoing conflict, can be toxic to indicate that one is, instead of others. This does not change things too, because the result is similar: a continuous discomfort and difficulty relating.

In that case we must recognize the problem and let others embitter our more or less concealed jealousy. The key, as always, is communication: to oneself, to discover the true root of our behavior, and others, to stop making life impossible.



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