# 7 Powerful Strategies for Dealing With Negative People

Anyone that has to deal with negative people on a regular basis knows just how challenging it can be. All the complaining and 'doom and gloom' talk can really sap your energy and patience. At the conclusion of a mere 15-minute conversation, it can feel like the life has been sucked right out of you. The good news is you can lessen the effects of their negativity







- [ ] Be objective
- [ ] Keep the conversation light
- [ ] Avoid rewarding negative talk
- [ ] Try not to be alone with them
- [ ] Make a concerted effort to limit the amount of time you spend with them
- [ ] Be a positive influence
- [ ] Eliminate them from your life

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