

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