

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
