



Top 10 Tips for Dealing with Toxic People

1. **Limit your contact** ... even if it means getting up and moving.
2. **Shift your thoughts about them.** Don't wish them harm, wish them well.
3. **Master your emotions.** Toxic people don't hurt you. You allow them to do so.
4. **Don't play their game.** Mark Twain said, "Never argue with stupid people. They will drag you down to their level and then beat you with experience."
5. When you have to deal with them, **change your approach.** Act professional, offer a sensible solution, and then walk off.
6. **Set boundaries in advance.** Know what's good for you and what it looks like when people cross those boundaries.
7. **Don't let others determine your value** ... or your happiness.
8. **Learn.** What were the trigger points for you noticing the person was toxic? This will ensure you learn and don't repeat your behaviors next time around.
9. **Find a safe person,** removed from the situation, to give you a different perspective.
10. **Focus on the solution,** not the problem. Sometimes the solution is to leave. Period.

Contact Marianne Worthington:

816.721.1224

www.linkedin.com/in/marianneworthington