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.

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