

10 types of people you should avoid as far as possible in your life

To avoid being negatively affected by others, you should stay away from the following 10 types of people, or at least limit your exposure as much as possible. Invite you to read!

1. 20 proofs that this world has only 3 types of people, which one are you?
2. 15 things that introverts will never tell you
3. Signs to recognize 3 types of people who are most easily adulterated

" *People who inspire you or someone who ruins you - choose wisely .*" - **Hans Hensen**

Is it time for you to build relationships with your relatives, friends and colleagues? Maybe somewhere, there are people who are secretly undermining confidence, betraying your trust, spreading negative emotions and giving you troublesome things.

It is impossible to escape the fact that we cannot separate completely from everyone around us, because we are "*social animals*" - living in groups. We need to seek empathy, compassion, and positive catalysts to be able to survive in this world. **To avoid being negatively affected by others, you should stay away from the following 10 types of people, or at least limit your exposure as much as possible.**

1. The type of person who is clinging to occupy your time



Perhaps there will be some relatives in your family or friends who have deprived you of time as bandits! You've probably heard this. They repeat an eternal chorus and you don't learn anything good from them. **Love you need**

to converge both for and receive.

As long as you are sure that they do not want to help or cannot provide emotional support to you, it is time to minimize contact with such people. They will waste a lot of your time if you let them do it.

However, escaping from family members is difficult to achieve. So try some tactics like turning off your phone at certain times of the day or simply emitting emergency messages. We all need time alone.

2. The type of person who regularly criticizes / criticizes you



A sincere and sincere comment is always needed for each person. However, if you notice that certain people are constantly complaining / criticizing you, it's time to react. **When those criticisms are non-suggestive, but a bit of a bullshit, you should ignore them.**

In addition, you can often remind them that their constant criticism doesn't help and you don't want to listen.

3. The type of person who likes to act as a victim in any case



This type of person is an expert in blaming games. They never take responsibility for their shortcomings or mistakes. They always assumed that they were victims and that it was never their fault. It seems that every mistake is always the responsibility of colleagues, friends, relatives, and families.

These types of people have only a way to stay away at all costs, because knowing that there won't be a day when you will be " *stabbed* " by them.

4. The type of person always carries a negative attitude



This type of person will spread negative attitudes like a disease that spreads to everyone around. Get a preventive vaccine by staying away from them. The usual manifestation of these types of people is always anxiety, anxiety, pessimism, mental collapse and complaints.

Remember that **you need to stay away from these people if you want to live longer** ; because optimism will increase longevity, not the attitude of sadness or negativity. A research result of Yale University shows that the positive concept of everything helps you to extend 7 years of life.

5. People who easily lose their temper and destroy your energy



These types of people really make you feel tired and run out of energy. Why do you have to endure their stupid and sometimes very childish outbreaks? We all have difficulties sometimes. Trying to control yourself will challenge your limits and have a way to control the problem.

Leaving these people out of their anger can help them relieve their mood, but why should you be the one to fight? **People who are impatient, easy to lose their temper are almost zero** . No need for you to give them a place in your life.

" I still remember seeing the doctor's insult, scolding and shouting his son on the phone while waiting for his examination. It was horrible to hear such words. No need to I talked a lot, I changed doctors immediately! " - **Anna Chui** said.

6. People do not show affection and do not understand others



Surely you don't want to put such people in your interest; The simple reason is: they cannot lend you sympathetic ' ears ' or understand the problem when you need them. The personality of these types of people is problematic and some of them tend to **only love themselves** .

They are incapable of putting themselves in the shoes of others but thinking. Meanwhile, it is the key to interacting in society and is the right and proper conduct principle. This is the reason that you should not interact with such people.

' Love and compassion are essential, not luxury. Without them, humanity cannot exist . ' - **Dalai Lama** .

7. People who are dishonest and deceive you

' Deception is done verbally and sometimes silence is also a form of deception . ' - **Adrienne Rich**

Some friends will swear to promise to keep it a secret when you tell them your personal story. By the time you see it becomes something that-everyone-know-it-all, your feelings certainly want from it, right? Those who are

dishonest and untrustworthy can hurt you in other ways. They can lie to you about their debt or their work troubles to borrow money and never pay.



These people do not deserve to be your friends, because they do not have any necessary virtues of a friend: faith, honesty and sincerity.

8. The type of person who calculates and takes advantage

Some people just want to take advantage of you to rely on your relationship with someone important you know. Their weapons are gossip that interferes with fictional elements that benefit themselves.



For example, they kept insinuating how bad the job was for you not to apply to that position like scary stories about colleagues, about bosses and about poor wages. The key is for them to reduce the number of competitors and bring benefits to them.

People you calculate know how to extract information from you or make you reveal your own weaknesses, then use it against you. They will take advantage of your generosity and conscience. And it is rare to give anything back to you. Ideally, you should stay away from such people because they only use you.

9. People intentionally hurt you



People in this group have a variety of ways and words that make you feel hurt. It may be that your parents give you a critique of how to teach your children while the way they educate you is no big deal; or just a vague statement that leaves you feeling hurt.

Sometimes people give nasty comments to ask questions about your honesty, diligence and ability. Other occasions are when friends do not comply with their promises such as not believing you, not following your request or just forgetting to call you.

These are ways to hurt that you should not ignore. Such friends and family members seem to want to attack you more than show enthusiasm, love and support. That's why you should stay away from them.

10. The type of person who suffers too much stress



Do you know that people are programmed to think negatively and always worry about safety, health and survival? According to anthropology, this is reasonable, since since humans began appearing on Earth, life is not easy. But what is amazing is how they always become a constant fear of a human being ?!

There is no shortage of such people in the world, **with 75% to 90% of those who go to the doctor suffer from stress-related illnesses** . Studies show that long-term stress will affect our brain and behavior.

We are already nervous enough with our problems, no need to worry about the work of people who are stressed around us anymore. Need to keep distance from those people to " *survive* " in this life.

What about you, how did you avoid those types of articles and avoid them? If yes, share your experience so everyone can learn!

See also: 8 types of people you should avoid as far as possible

Having fun!

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