

How will the wise deal with those who are unpleasant?

Difficult people are often people who are impatient, do not know how to control their emotions or are simply selfish. So how do you deal with an unpleasant person?

Life is never perfect, so are humans, there will be these people and others and sometimes there are people you meet that make you feel uncomfortable, even we ourselves make some crazy people. There will be times when you have to remind yourself that you must try to love everyone around you. But really that is not easy.

If you were in this case, how would you behave? As for smart people, they have adopted the following ways for people they don't like. Let's see if you behave like smart people.

1. 10 reasons to make you uncomfortable in the eyes of others

1. They accept that they cannot love everyone

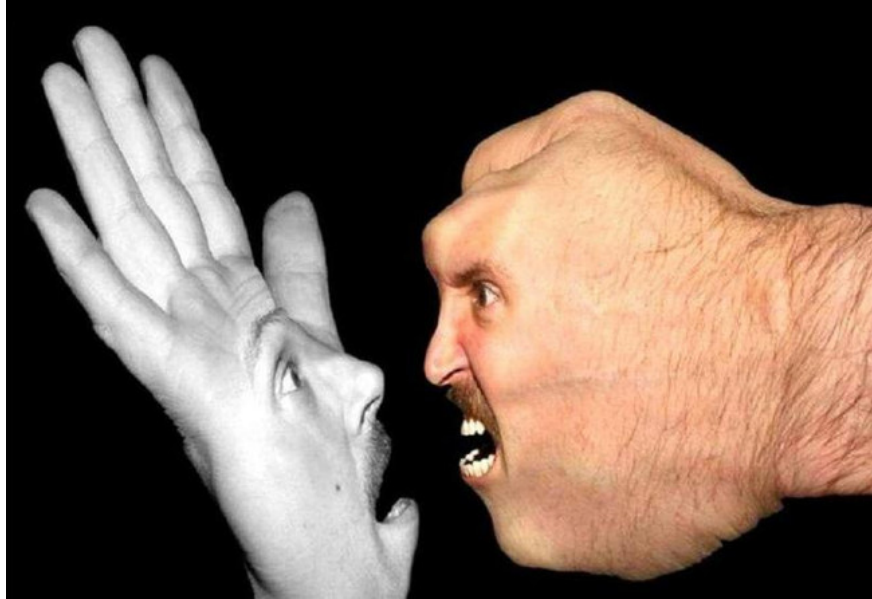


Sometimes you think that you will be friendly and love all the people you meet, but in reality it will be difficult, because sometimes you will encounter people you don't like. And smart people always understand that conflicts or disagreements are due to differences in the value of each person.

See also: Don't lower your self-worth by comparing yourself to others!

There are people you don't like, not because of their bad nature, but because you can't get along with them, because you and they have different values. Once you accept the fact that not everyone loves you and you will not love everyone because of that difference in value, meaning that negative emotions will no longer exist. .

2. They suffer or ignore people they don't like



According to Robert Sutton - Stanford University's Professor of Science Management, 'You need people with different points of view and not afraid to argue'. It may not be easy for you to tolerate unpleasant friends. But you also need to remember that you are not a perfect person and there are also people who are suffering from you.

See also: The secret of beautiful life: Always put yourself in the shoes of others

3. They treat people they don't like in a civilized way



Many of us often show our discomfort when interacting with people we don't like. This behavior is extremely indecent and unwise. Because of how you treat them, they will respond to you as well, which will make your relationship worse and worse. Instead, create a diplomatic face when communicating, which is extremely important. Because it shows politeness, professionalism and positivity in you.

4. They reconsider their expectations



Placing too many unrealistic expectations on others is a mistake many people make. We often expect people around us to act like us or say things that you will say in that situation. However, this is unrealistic, because we humans do not have the same personality, and they cannot change overnight.

If a person in any situation always gives you the same feeling, then adjust your expectations about that person. This way helps you prepare their psychology and behavior will not surprise you. Smart people always do this, so they are not always surprised by the actions of people they don't like.

5. They hide their emotions and just focus on themselves

See also: 11 signs to let you know that person is trying to hide his feelings



Even though you tried hard to treat them well, they still drove you crazy. Now instead of thinking about the discomfort they bring, you should focus on why you react like that. Sometimes the points you don't like about others are the ones you don't like about yourself.

Identify the cause of your discomfort. After that, try to suppress your emotions, thereby changing your reaction. Remember that changing your behavior, your perception is easier than asking others to change for you.

6. They say their requests



If someone makes you uncomfortable, instead of keeping it in your heart to make yourself uncomfortable and hate that person, you should tell them. Maybe you don't like their conversation or how to behave .

For example, try saying: 'When you cut me off at a meeting, I feel like you don't value my contribution.' After that, stop and wait for a response from them. Maybe they don't realize that you're not finished, or that they're too excited about your idea to jump right into the middle of your conversation.

7. They create distance from people who don't like it



When we don't like someone, we often find ways to distance ourselves. As in a company during a meeting, you will choose to sit away from people you don't like. When sitting at a distance, you can naturally chat with people you like, as well as dislike, creating a comfortable atmosphere for everyone around. Of course, you will be happier when those you hate are out of your sight, but life is never that simple!

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