

Advice that sounds helpful but can actually be counterproductive

Some advice sounds encouraging, but ends up doing more harm than good, such as some of the advice below.

You've probably heard things like " *It's going to be okay* " and " *Hold on ,* " but do all of these pieces of advice really work? Probably not. **Some pieces of advice that sound encouraging can end up doing more harm than good, like some of the advice below.**



Never give up

It's time to realize that " *never give up* " isn't the best advice. In many cases, never giving up can be a waste of time or detrimental to your future path. You could have spent all that time on a more successful path to a better future. You'll know when to give up: if it's affecting your health, you're not seeing any progress, or the goal makes you feel bad about yourself.

Relationships take work.

That's not always true. If you blame yourself for a failed relationship because you think you didn't try hard enough, think again. A good relationship shouldn't make you feel bad. It will only end in resentment and stress because of a failed relationship.

Eat whatever you want, be confident and comfortable with yourself!

Body positivity is a great mindset. It means loving your body, no matter its shape or size. To cultivate that love, you need to treat your body well. You make it feel good by moving, eating nutritious meals, and maintaining good habits on a regular basis.

However, you don't want to indulge in bad habits that can be harmful to your health. Basically, you just need to be kind to your body.



You must forgive to heal the hurt.

Not everyone deserves your forgiveness. You can move on from a situation without forgiving someone, especially if they did something bad that will affect your long-term health. Additionally, some people who have wronged you may not even feel remorse, which makes your failure to forgive them all the more justifiable.

Let the baby cry

Leaving a baby to cry can lead to neglect problems. This can make toddlers more demanding and unhappy later in life. Experts say that babies need to feel secure in order to become more independent as they grow up. Conversely, early independence can make these children more dependent as they grow up.

Don't compare yourself with others

It may sound counterintuitive, but comparing yourself to others can be a good thing. You can look at people in your field and wonder how they got there and how you can try to be as good as them. Sure, everyone has their own path in life, but looking at other people's successes to get an idea of where you want to go can be motivating. Just make sure to do it in moderation to avoid burnout.



everything will be ok

Being positive isn't a bad thing, but if your friend is going through a difficult situation, and you tell them " *It's going to be okay, buddy,* " they won't automatically feel okay. Sometimes it's better to just listen and empathize with what they're going through.

In most of these tips, you may have noticed that most of them are geared towards staying positive . While that is important, it is better to be realistic. Most successful people have grown from failure and dared to face the truth.

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