

# 6 Tips Dealing with People who Put You Down



No matter what you do with your life but some people will support you, while others will criticize your choices and doubt your ability to succeed.

Here are six tips for dealing with criticisms:

## **1. Talk to yourself**

Ask yourself what is wrong or right, listen to what others say but judge it yourself. Believe in yourself first, and then think about what other says.

## **2. Remain positive and confident.**

Whenever facing the problems and challenges, we've all received the well-meaning advice to "stay positive." Staying positive gives you motivation to keep it up in your work and helps you to solve your problem.

## **3. Avoid reacting immediately**

To deal with situations when someone puts you down, avoid hyper back at them or aggression. This makes the person feel better because they feel that their actions have perceived outcomes.

## **4. Get back up after every fall**

When you're attempting to accomplish something, you'll make mistakes — and mistakes might look like failure in the eyes of your skeptics.

## **5. Keep calm and think about what the person have said**

If someone said is true, then you may wish to accept the remarks as a form of constructive feedback to improve your ability. The people in our lives are often our mirrors. They react our every action and words. Another's words, though harsh or painful, can shows us to an aspect of our own behavior we have refused to own up to.

**6. Don't surround yourself with too many skeptics.**

Some criticism is healthy — but too much can be disturb your success. You need to be surrounded by fewer doubters than supporters.