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OVER the years, in dealing with difficult people, I have come to the conclusion that there are two types of people you have to stay away from.

By VALENZ TAN SHAN LENZ

The first type is those who are toxic, negative and irritating. Their behaviour pulls you down, creates self-doubt, diminishes your self-worth and drains you psychologically and emotionally. For this type of people, we need to stand firm and move on. Ignoring them is the productive way to handle such people. Be firm, and do not waver and be persuaded by their pretense to befriend you again when the situation suits them. Walk away from people of such unhealthy influence.

The second type of people to avoid is those who directly or indirectly reject you as they do not appreciate or share your values. For such people, stop blaming yourself and nitpicking your flaws. Your self-debasing efforts to justify their rejection of you based on their self-righteous or holier than thou values is harmful to your development and sense of identity. The truth is that in such matters, there is no right or wrong and you need not conform to those whose values you are not comfortable with. Hence, if such people reject you based on differences in values so be it – just move on.

In this context, the best possible outcome is not finding what is perceived as absolute right but rather finding things that suits you the most and that your authentic self is comfortable with.

In fact, life is like one big puzzle and we all strive to get all the pieces of different sizes and shapes to fit and create a meaningful big picture. However, if one ever gets a defective puzzle, then it is time we recognise that something is not right and we need not struggle so hard to try to fit all the pieces and complete it – for they will not all fit. A continuous pursuit of this defective puzzle is not only a waste of time, but will stop you from moving on to do more

HANDLING DIFFICULT PEOPLE: Two Types Of People To Avoid



meaningful and productive things. Likewise, it is with some people – they somehow do not fit into "your puzzle" of life to provide meaning to your life.

Moving on here means that you need not be angered by other people's judgment of you, but you need to honour yourself and provide yourself the latitude of your styles and values to develop as a whole. On top of that, we have to understand that we have limited time and efforts in providing meaning and fulfillment in our lives. When we give time and attention on the differences of people, we are actually giving a portion of our lives to issues that concern us unnecessarily. So, why give your life away to people do not appreciate you, who do not recognise you, do not grow with you and who slow you down? Just move on.

Often it takes courage to move on and it might not happen comfortably and without a sense of guilt. Moving on requires a firm decision with a set of actions, habits and changes of lifestyle. It might seem hard but it's possible

and necessary. And from time to time, you might think about these people, and your mind and emotion will play tricks, such as painting a picture of the people you should accept and align with. It might be tempting to give up your values and beliefs and conform with these types of people to be popular and accepted. However, if we are dealing with these two types of people of bad influence then it is

our duty to remind ourselves that moving on from them is not a failure, but a doorway to open up a better and more fulfilling journey ahead.

The first step is to avoid those who do not share the same values as you, who do not have your interest in mind and who do not appreciate what you can offer.

The second step is to seek out and get more exposure to find your kind of people who want to see you grow and appreciate you for what you are without any hidden motives.

The third step is to treasure those who care about you. This is important as a lot of people keep seeking out those who matter in their lives, but forgot to treasure them until they are gone.

In conclusion, I would advocate to move away when you encounter toxic people who do more harm than good. Connect with people who are positive and encourage you to grow to be the best of what you can be.

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