

Chapter 23

Dealing with Negativity

Always be open to others criticisms about you and your work. Usually, people who comment on your work are people who care about it. That is why they are going out of their way to let you know their opinion. Of course, it goes without saying that this is sometimes helpful and sometimes not. Take what you need from the criticism, and always strengthen yourself accordingly. It never hurts to listen to others so long as you know yourself best because that way, you will be able to filter the good advice from the bad.

There is nothing anyone can say to change the way you feel about yourself. It should not make you feel worthless. It should not demean you or degrade you. It should make you think that it is a type of compliment – making you realize that you are trying hard and doing your best, but can do better by listening to the critique. At the end of the day, the goal is to improve yourself through your relationship with others. Always do your best. Be the best version of yourself.

Some days may not be your best of days. It is important for you to not take your anger and frustrations out on others who are also trying to live their lives and stay strong. Always be positive because then, others will appreciate you more for it too. When you live a great life, you will be eventually surrounded by others who also live well for themselves and for those who they care for. Never react in reaction to others. What people think should not matter to you, so never let anyone affect you.

What people think is generally none of your business. Sometimes, you do not always know why and for what reasons they hold a particular opinion about you. Only time will tell. What is in your best interests may not be in the best interests of everyone. What benefits your position in life may not be to the benefit of all if your successes interfere with their ability to succeed. After all, that is what we call competition.

Competition is never an excuse for failure or for treating others badly or poorly. Always do your best under all circumstances and choose your thoughts wisely. Remember that all of your memories persist exclusively in your mind. These memories are all that matter, and not the memories about you that persist in the minds of others. Only you can change your view about

yourself. How you alter your view of yourself to yourself holds more value than changing others view of you.

Inevitably, not everyone will like you, but no one person's negative opinion of you should hurt you so bad that you hurt yourself and do not achieve anything or function normally in life. Everyone deserves to be treated well, and everyone's thoughts matter, no matter who they are – mentally ill or not. Nobody should ever be treated poorly by others. It is always best to keep to yourself. Engage with others only when you are successful, otherwise you run the risk of colliding with hostilities because of misinformation.

Appreciate the light that you are in. Your side of the street is always greener. You should never desire to be anyone other than yourself. When you compare yourself to others, the only person who brings you down is you. Never let your character fall victim to poor choices. Good character is built upon strong foundations and a true test of character is how you respond to others; (1) on your worst days, (2) on your best days, (3) under pressure, (4) in times of need, (5) when defensive, (6) when you're up, (7) and when you're down. Never lose sight of yourself first, and secondly, those that matter to you will cause all other things to fall into place. You will spend so much time thinking about yourself and your loved ones that all other things will become irrelevant.

Achieving a break from the norm requires you to do everything you can in order to achieve your best. Thus, it follows that you should have the time to enjoy life and the blessings that life has to offer you. However, only through disciplined activities can we achieve something like this. After all, sometimes living a normal life is best without all the excitement that it typically entails. Risks in life do not always yield rewards.

Instead take your time. Recognize what it is within you that is bothering you first, before disrupting the progress of others through your problems. Never make your problems the problems of others. When we are selfish, we completely forget how we affect people. Try to always be compassionate and understanding of others' time. People do not have all day to wait for you to come around. Sometimes, you have to take it upon yourself to please others in this respect. It is not always about you in life. Sometimes, life is about people pleasing.

Of course, this not always a good thing, which is why you need to be extra cautious and ensure you are only devoting attention to those who you love and care about – those who you do not mind spending this time and emotional labor on. You cannot change who you are. You can only move forward in life and accept your past not instead of ruminating over it. Preserve your

future happiness by doing today what will bring you happiness tomorrow. Usually, it follows that understanding brings compassion for others, as well as empathy. Who we care for is determined by what we do, so choose to care about others in life.

If what we choose to care about in life brings us more compassion for others, then that is how one understands the concept of empathy – caring about others. Do not be easily fooled by others. You know yourself best. It is shockingly easy to succumb to the wrong interpretations of others and set bad expectations of ourselves that interfere with our progress moving forward. That is called a guilty conscious that you bear for the wrongs of others towards who you are not in agreement with and they, for their part, cannot stand to see you succeed in life.

Don't worry about who you are competing with in life, its more about staying present, focusing on yourself, when not well the more you worry about the opinions of others, the more vulnerable you become, susceptible to getting hurt when trying to get well, mistaken as being defensive or vulnerable because you are weak or lacking the confidence necessary to represent others well, including yourself.

There is no competition when it comes to wellness, you either are well presentable or designated as not well, or well until proven otherwise by your looks, demeanor, or output. Success is not always inevitably accompanied by wellness, and the hostility around you, may be real or imagined, don't stoop t the level of others, based on how you look treated in the negative, always do your best to rise above, and stay well. Your later confidences in life, or bettered public appearance may be viewed as being grandiose in the face of any present adversities you face, that's to prove you wrong, or deserving of illnesses in life, judged as being not smart or a poor decision maker, when given every opportunity to succeed in life, its difficult to feel well past any failures in life, you are only given so many chances in life to do well. Anything that brings you down to size or make you feel small may be a learning lesson, its okay for others to be more confident than you in life, respect those who correct you or try to mold you to a better condition in life, everyone likes to help, even if help is not needed, its not always because of how you look or dress, you are treated, don't assume its because others are speaking poorly of you, as soon as you judge others as being in the wrong, you are required to take your own inventory in life, on your own in life assess what you have done wrong in life, and how you ended up there. How you look matters, its how you address your past that affects how others view you as you are now, when you are well you rarely look back or are required to own your mistakes in life. What illnesses you overcome in life,

is your responsibility to handle without help from others, once you reach a point of failure in life. Its difficult to achieve a well state of mind again, if you are constantly looking back, judging yourself, as from the viewpoint of others in the past, we all grow past our weaknesses, if you learn from your mistakes, do your best to be a good person. You should not be easily bothered by others. When you are focusing on yourself, less affects you. even if people are being negative towards you, always report to others when you are not feeling well, don't expect anyone to care.

