

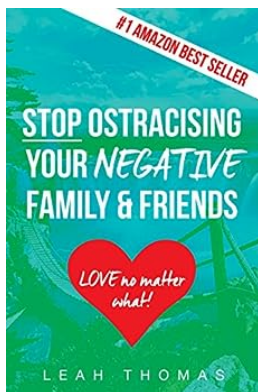
# Stop Ostracising Your Negative Family And Friends

Do you know someone in your life who always seems to bring negativity wherever they go? They may be a family member or a close friend, but their constant pessimism can be draining. It's easy to assume that distancing yourself from these negative people is the best course of action, but have you ever considered a different approach?

By ostracising your negative family and friends, you are potentially missing out on valuable relationships and personal growth opportunities. It's important to understand that negativity is often a sign of inner struggles, and these individuals may benefit from your support and understanding.

## The Impact of Negativity

Negativity can have a significant impact on both the individual expressing it and those around them. It spreads like wildfire, infecting even the most positive environments. Constant exposure to negativity can lead to strained relationships, increased stress levels, and a general feeling of unhappiness.



## Stop Ostracising Your Negative Family and Friends: Love No Matter What

by Anjula Evans (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 4544 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 144 pages



However, before deciding to cut ties with your negative loved ones, it's crucial to acknowledge that everyone experiences ups and downs in life. In times of despair, individuals may often turn to their closest connections for support and comfort. By shutting them out, you may inadvertently worsen their situation, preventing them from seeking the help they need.

## **The Root Causes of Negativity**

Understanding the root causes of negativity is essential in addressing the issue effectively. Many factors can contribute to a pessimistic outlook on life, such as unresolved past traumas, low self-esteem, or ongoing stressors. These individuals might constantly expect the worst, projecting their fears onto any situation they encounter.

By taking the time to understand what drives their negativity, you can offer empathy and compassion, creating a safe space for open communication. This approach not only benefits the negative individual, but it also strengthens your bond and fosters personal growth for both parties involved.

## **Changing the Narrative**

Instead of distancing yourself from negative family and friends, consider taking an active role in changing their narrative. Encourage open conversations about their struggles and offer a listening ear. By showing them that you care, you allow them to express their emotions and work towards finding solutions.

Sometimes all someone needs is a non-judgmental friend or family member who genuinely listens without immediately offering advice or dismissing their feelings.

By validating their experience and offering support, you give them the opportunity to rewrite their own story, letting go of negativity and embracing a more positive outlook on life.

## **Setting Boundaries**

While it's important to be there for your negative loved ones, it's equally vital to establish healthy boundaries to protect your own mental wellbeing. Ensure that you carve out time for self-care and surround yourself with positivity so that you can provide support from a place of strength.

Remember, it's not your responsibility to fix or save someone else. You can offer support, but they must take the necessary steps towards personal growth and overcoming their negativity. By setting boundaries, you prevent yourself from getting consumed by their pessimism while still being there to lend a helping hand when needed.

## **The Power of Positivity**

Surrounding yourself with positivity is not only beneficial for your loved ones but for yourself as well. Positive energy is contagious, and by focusing on the good in life, you can inspire those around you to do the same. Create an environment that fosters growth, resilience, and optimism.

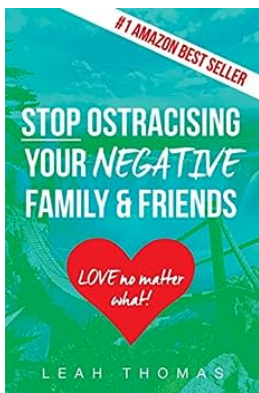
Keep in mind that your own positive mindset can be a powerful tool in influencing others. When negative family and friends see how you navigate challenges with grace and maintain an optimistic outlook, they may be inspired to do the same. Your actions speak louder than words.

It's easy to write off negative family and friends, assuming that cutting ties is the best solution. However, by understanding the root causes of their negativity and

offering support, you may be able to create a positive impact on their lives and foster personal growth for both parties involved.

Negativity is often a sign of inner struggles, and these individuals may benefit from your empathy and compassion. By setting healthy boundaries and surrounding yourself with positivity, you can provide support from a place of strength while also safeguarding your own mental wellbeing.

So don't give up on your negative family and friends just yet. Reach out, listen, and create an environment that encourages growth and optimism. Together, you can transform their outlook and strengthen your relationships.



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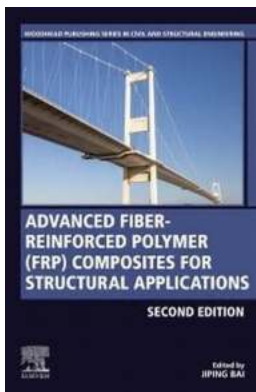
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Love no matter what! It is time for some gutsy change within families to bridge the gap between conditional and unconditional love. Stop ostracizing your negative friends and family is based on Leah Thomson's experience and insights of life, love and family over the past 45 years. From humble beginnings in labour work, take-away joints, woolsheds, child care education, foster care, aboriginal

education to education management in a prison. This book contains the tools, strategies and techniques Leah embraced to re learn how to love unconditionally and maintain her personal power along the way. If Leah and many others, who have been hurt by those they love, can love unconditionally, then you can too. This book gives you the opportunity to learn: Why people do what they do and ostracise negative family and friends The difference between conditional and unconditional love How to love negative family and friends unconditionally How to maintain your personal power and values without ostracising.



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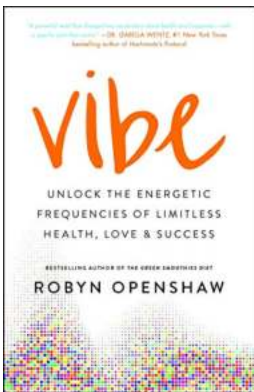
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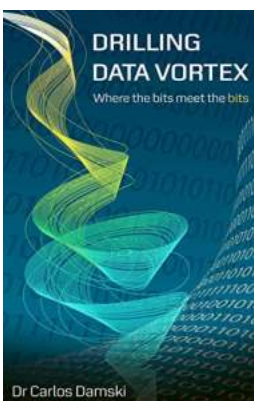
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