**Male Speaker**: Welcome to The Chalene Show. Chalene is a New York Times Best-Selling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene Johnson**: Hey there, thanks for joining me today on The Chalene Show. Today we are talking about how to deal with negative people. Keep in mind before we get started. There is so many different circumstances where we have very little control over the people who are in our lives. Today’s show is really more geared towards those places where we do have a little bit of control. We can decide where we want to give our attention, our focus and who we want to invest time with. Also I think it’s important to note. I mean I know this is common sense but I think it goes without saying. Every situation is different and I always believe it’s best to air on the side of caution to take the high road and to take another person’s feelings into consideration. That’s just my two cents before we get started.

Okay off to the show. How to deal with negative people? One of the toughest situations to be in is when that negative person, you have no choice like they live in your household or you married them or they are a blood relative and you don’t have a choice, right. You don’t have much choice in the matter or maybe it’s like your boss and how are you going to get your paycheck if you know that person you have to be with him all the time. So let me first address your partner, your boyfriend, your girlfriend, your husband, your wife. I want to give you a little reality check here and let you know the way the universe works which is, it’s just a truth.

You attract the opposite of you. And isn’t it funny that like once you guys fall in love and get comfortable, then you are like annoyed that this person isn’t more like you like you attract someone who is completely opposite of you not in every way but in – at the core of your like positive/negative, usually one of you is incredibly positive and one of you is a little bit more – well they will probably call themselves a realist and the reason why that happens is because it’s the best thing for you. You balance each other out. It kills me when I hear couples who are having marital discord because they want their partner to be just like them and all the things that bug them about their partner are all the areas where they are opposite. It’s like hello, da! You are supposed to be with your opposite.

So I think it’s really important that when you have been in a relationship for some time and this person starts to bug you, ask yourself, is what’s bugging you that you can’t turn them into you. You know because you honestly would not be attracted to someone who is exactly like you even though you think you would. You wouldn’t and you wouldn’t be your best. Whether it’s a business relationship or a marital relationship, the reason why we attract likeminded people in real life as our friends, that’s true except when it comes to the person who’s supposed to be your partner. Whether that’s a business partner or the marital partner, you will typically attract someone who is pretty opposite of you and that’s for a very good reason. It is in your best interest to have someone who is – if you are very organized, they are a hot mess because they are going to teach you balance. If you are always late, they are always on time. If you always look at things like overly positive, if you are overly optimistic, you need someone who looks at things with a little bit of pessimism and says, I don’t know. This doesn’t seem right. We should look into it little further. You need somebody in your life who doesn’t fall in love with every single person and actually you know kind of has a little bit of an eyebrow raise and wants people to prove themselves. I am just asking you not to just always be annoyed with your partner because they are not like you and I think one of the best ways to snap out of this is to realize you’ve got to change what you are focusing on.

If you are focusing on all the negative parts of your partner, then you will have a negative relationship and if you start to focus on all the annoying things that you do because trust me, you do a lot of them, you will realize that they are overlooking a lot of things too that you might not realize are a big deal to them. Okay one last thing on the subject of your partner, your husband, your wife, your girlfriend. It’s one of those things I constantly see comments from you saying what do I do if it’s my spouse, what if it’s my husband, what if it’s my wife who is super negative, what do I do? And it’s really difficult to jus accept the fact that opposites attract especially when this person is sucking the life out of you or it’s become like it’s more than just negative person. It’s someone who is not allowing you to live the happy life that you deserve or worst yet, it’s affecting your kids.

So I know I’ve devoted this particular podcast to just the topic of negative people but I just want to say this about husbands and wives and partners and again, I always say this too but I am not a therapist. It’s just been my experience in working with countless couples over the last 15 years that usually the partner who’s being perceived as being incredibly negative is just poor communication and by that I mean, it’s easier to just seem annoyed with everything than it would be to just honestly communicate their true feelings or maybe to discuss pain or trauma or something that’s happened from their past that just it haunts them and their way of just dealing with that is by being negative about everything else. So don’t take it personal. Understand that it probably comes from a place of pain. It’s often because this person hasn’t learned how to communicate and the other reason why it might be is that, it’s a habit, you know.

Often times someone who is considered “negative” had negative parents or negative people around them and it just becomes a habitual way of talking and communicating and really protecting themselves because think about it. If you take the negative side of the coin like if you look at the pros and the cons and you take the cons and something fails, well then you know you win, right and if for some reason everything does turnout okay, well then you can be pleasantly surprised. So it’s kind of a safe place to be as a negative person because the optimist, the person who is always seeing things from a positive standpoint, you know think about it. 50% of the time, you are going to be disappointed. If you are always negative, you are only going to be able to say, I told you so or oh well that turned out kind of nice.

So what do you do with that? Well I think we should probably devote like a whole another podcast just to your partner being negative, right because I think it’s often a lot deeper and if you’ve got kids, it’s pretty important that you do everything you possibly can but to fix the situation. Maybe that’s changing your own perspective, having a deeper understanding, getting them into therapy, figuring out how you can contribute, what you are doing to enable this negative dance you know. Okay last thing I am going to say about is, just try not to focus so much on it because if that’s what your focus is on, I swear to you, that’s what you are going to get more of, right.

So okay, let’s get past the partner stuff because this is not a marital podcast. This is really about how to deal with negative people where you do have a choice, okay. You don’t have a choice. You do have a choice in how you deal with them, you do have a choice in how much time and attention you give them. When your mother or father calls you, you don’t have to stay on and if you are a big girl or a big boy, you don’t have to stay on the phone with them. You don’t have to engage with them. You know the things they are going to bring up that are negative and you don’t have to go there. So that’s on you to figure out if in fact you are giving it too much attention because you are not going to change your mom or your dad or your brother or your sister. You are just not. So you are kind of wasting your life and your breath and your energy trying to just accept who they are and give it boundaries.

Now let’s talk about your friends because that’s an area where you’ve got much more control but it’s really difficult sometimes. When you have a relationship with history, right couple of things happen. #1, you start to feel guilty like invested so much time in this person or they’ve helped me through a tough time but they are so negative, I can’t handle it anymore. Let me tell you this #1 though. You have to recognize that you had some part in this meaning, very negative people are drawn to very positive people and very positive people whether you realize it or not, you are drawn to negative people because you feel like you can change them because you have this what I like to call wounded bird syndrome which means you like to collect people who are negative or have problems because like I can help them, I can change them, I can lift them, I can show them the ways and so we – those are you who are positive, those of you who believe like you know it’s just about your attitude and I can help people change that, just know that there is something in it for you too, right.

So this wasn’t a one person dance. This wasn’t a soloist opportunity. You were dancing together, both of you and you have to realize that at some point, you took a look at your partner and said, I am carrying them now, I am not dancing with them. I am carrying them now and so now, it’s not fun and I can’t make a difference. So when do you know it’s time to make a change. Here is your answer.

When you’ve done everything in your ability and power because sometimes we don’t have the tools or the resources. Sometimes your friend needs therapy. Sometimes your friend needs to remove the safety nets. Sometimes your friend needs to recognize that you are not responsible for their happiness or anything else for that matter and if you’ve done everything in your power and you feel good about it, you have to reach a point where you say, okay I am not helping. In fact, now I am just hurting the situation because I am tolerating this behavior, I am continuing this relationship and it is just not getting better and when that happens, I think you owe it to yourself and the other person to make a decision and make a change.

Now there is two ways to handle that. The first way is the easiest and it’s what I call the slow and easy drift. You don’t have to make a big deal about it. You’ve just mentally in your head, you’ve just decided, okay I have invested way too much time with this person and they are – they are not going to change and they are relying on me and I am becoming a [0:10:30 \_\_\_\_] and I am no longer helping them. So what I need to do is not return as many phone calls, not initiate the next time we get together. Be available less and less and this can be done gradually. So that’s the easiest way to do things because it doesn’t have to be a big deal and that person might notice that this is happening and they probably will and you can just gradually drift away, right and you are just available less and less and less and eventually they need that from somebody else. So they are going to find a replacement you. You know what I am saying but if it’s just not happening. They are not taking the subtle hints, they are really becoming far more needy and now it’s come to the place where you need to have a conversation. Okay remember this, it needs to be delicate.

All you are going to do is cause more harm and damage if you come straight on and say listen, you are a pain in my butt. There is a black cloud over your head every single day and I can’t handle it anymore. You are killing me, you are killing my vibe and you’ll need to go talk your trash to somebody else and there’s something every single day and you are killing me, you can’t say that as much as you like to. You can’t say to them. You know what it seems like every single time we are on the phone, it’s like whoa! Whoa! Whoa! Whoa! Whoa! It’s your problems, your problems, your problems, we never talk about me. It’s always about you. We are always solving your problems. You are always dealing with the crisis. There is always something going on. You are always upset about something. We wish we could say those things but it’s not helpful and I’ve been through this myself before and it’s a thing that should be done very carefully and the best way to do it is to place ownership on you and this is what I recommend you do.

It is to say this. I feel like we need a break and it’s really more about me. I have come to a place where I realize I don’t think we are helping each other and I think that some time apart would be good and I love you and I always will assuming you do but I think we need some time apart because what I have found myself doing is thinking about what’s going on in your life and working extra hard to make sure that you are happy and almost becoming too consumed with what’s going on in your life and I’ve put other people on the backburner in doing this and it’s not your fault, it’s mine and I just don’t think it’s healthy and I think both of us should kind of take a break and love each other from a distance for a little while and I hope you understand.

This is really about me. This is me just trying to recognize this pattern that we are developing between the two of us. It’s recognizing that there is a pattern between the two of us and knowing that you know, I am in large part responsible for this and I feel like I am not allowing you to grow and I know that I myself I am spending too much time thinking and worrying about things going on in your life and so for that reason, I think I need a little break but I love you and I would leave it at that and will they come back and will they be upset and will they cry, yeah. And will they want examples? Yes but I personally don’t think you need to give them unless they just keep hounding and hounding it because the less personal, you can make it the better. I mean trust me, they know. They know they are this way and they are going to make a lot of noise and be very upset and lay on a major guilt trip because they had become dependent upon you and I think it’s an important thing to do from time to time but also it doesn’t do you any good unless you learn from the situation and recognize in yourself what is it about you that tends to make you attracted to these kind of people. Is it because it makes you feel like you are a better person because you’ve got this friend who is always going through stuff, is it because you like to be the hero and save the day, is it because you know have this grandiose idea that you can save all wounded birds and I had to recognize it myself.

I mean my husband was like, okay I don’t know how many more friends we are going to loan money to, I don’t know how many more friends we are going to you know pay for their attorney’s bills and I don’t know how many more friends we are going to have to bail out of financial situations and you know especially when it came down to – I mean sometimes things happen that are out of people’s control. I am not talking about them, I am talking about – I had a couple of friends in my life that just say, it is like you know it’s time after time after time after time after time all related to not surprise circumstances but bad decisions, you know and at certain point but I was like, are we talking about their situation again?

I had to realize that I would get excited – would meet one of these people that I was like, oh I can save them and I can’t do that anymore because I’ve got too many quality people in my life that lift me up and I owe them my time. So I hope that was helpful to you, recognize that you do have decisions but take the high road, be kind. You don’t have to say as much as you think you need to say and know that you should establish boundaries with those people where you don’t have choice, remember. Your spouse, your mother, father, brothers and sisters. It’s okay for you to establish boundaries but where we do have choice, use it wisely but be kind and take ownership because you had a big part in this and you don’t want to repeat these behaviors. You are the bomb.com, I will see you soon.

Today’s episode was sponsored by IG Impact. It’s my course designed to help you understand how to master Instagram. It’s fun, it’s changed so much especially in recent months and it’s a very exciting, easy way for you to build an audience, to build your own email list, to build your brand to attract customers. I offer a free webinar, no strings attached. I share with you recent changes and some of the most basic tips that people overlook when they are using Instagram. To sign up for that webinar, go to instaimpactwebinar.com, you got that insta as in Instagram, impact as in that’s what you are going to make and webinar as in that’s what it is. Okay instaimpactwebinar.com I will see you on that broadcast.