HATER HANDLER

"Healthy people don't go around destroying one another"

Haters are a breed of Spider all their own and, therefore, require a different set of defenses and repellants. No matter who you are or what you say or do, not everyone is going to like you. Anticipating this can save you a lot of time and effort while sparing yourself from feeding into other's negativity.

Let's clarify a few things. For some, the most prominent haters in our lives are ourselves. That's a separate topic we cover elsewhere. What's most relevant to our focus here is that haters don't always act like Spiders, which can make them even more challenging to spot. In fact, as most everyone likely knows, haters can be among the most unlikely people in our lives and behave passively out of insecurity and jealousy as we progress toward success. They're like magnets trying to hold us back. It's important to stay objective, hold on to self-belief and make the choices that are right for you.

Naturally, the more successful we become, the more envy and criticism we attract from the world at large. Letting others get a rise out of you and bring you down is what they want. Instead, focus on turning it into positives and remain neutral, such as by:

- **Taking it as a compliment.** If you're getting noticed, you're doing something right.
- **Empathize.** Those who express negativity are also feeding on it.
- **Learn.** Some criticism has merit. Accept it as a gift. Reflect and improve.
- **Grow.** Hone your abilities to deal with conflict, manage anger and stay focused.
- **Get motivated.** Fuel your passion knowing success will silence others
- **Stay positive.** You're human. Counter criticism with affirmations that keep your spirits up
- **Be proud.** By staying strong in response to haters, you assert your self-worth and show others you can't be controlled.

ACTIVITY 1: REINFORCE YOUR ARMOR (TIME: FROM NOW ON)

Reacting healthfully to criticism may not come easy, which makes now a good time to check our suit of armor. First, to what degree do you let others judge you and how much do you care about appeasing them versus honoring yourself? Why does anyone else's opinion about you somehow matter more than your own? What are the consequences of someone else's negative judgment if you were to go your own way? How freeing will you find it to just stop worrying about what other people think and not letting that affect your emotional health and behavior? What do you need to do to reinforce your armor?

© 2021 Z University, Inc.
All Rights Reserved

ACTIVITY 2: HATER REPELLER (TIME: FROM NOW ON)

More often than not, the very best way to handle haters is by staying above it and saying nothing at all. Haters and manipulators thrive on drama. If they get you worked up, they've won. There are also circumstances when it seems necessary to respond. Here are a few techniques:

- **Stay calm.** It may infuriate an angry person, but that remains their problem. However, they may also level out once they realize you've maintained your poise.

- **Remain humble.** There's no need to brag or validate yourself. Successful people don't need to put others down. Respond respectfully.

- **Kill them with kindness.** Thank them for helping you be better, speak well of them and you might just convert someone into a raving fan.

Unfortunately, there may also be times of confrontation when a hater is in your face and you feel the need to engage. Again, it's better to not engage and prevent an opportunity for escalation. No one is born hateful. Call upon your compassion.

Of course, every situation and hater is unique. It might be that you volunteer to be in a leadership position and those not volunteering become highly critical. People should lift a finger before pointing one. Even still, in combination with the suggestions above, one way to defuse is to reject their tactics and replace it with how you want the situation to go. People don't have to like one another to be respectful, kind and cordial.

"I need you to ___."
- **…**speak to me calmly.
- **…**stop insulting me and speak with kindness.
- **…**take care of that yourself.

Here's a fitting way to wind down this topic:

> *"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."*
> **- Ralph Waldo Emerson**

© 2021 Z University, Inc.
All Rights Reserved