

Questions We Can Ask to De-Toxify Ourselves:

How can I view this interaction
and person as a learning
opportunity?

Who can help me find humor in
this situation?

How can I use unacceptable
behavior as a growth opportunity?

Who can I talk with to develop a
more proactive perspective on the
situation?



Attitudes are contagious; we want
to guard against becoming toxic,
bitter or mean ourselves. When
we rise above the impulse to pass
on the negativity, we are
victorious.

Concerned About Someone?

Highlight this brochure and share
it with them.

Offer your help and support.



For Help or to Give Us Feedback:

Contact **HopeWorks** at
(860) 561-1175, ext. 0
or email us at
hopeworks@snet.net

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Dealing Well With Toxic Behavior

*"No one can make you feel
inferior without your
permission."*

Eleanor Roosevelt



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—
*Providing hope and help to
young people and their families
through counseling,*



What is Toxic Behavior (TXB)?

Sometimes we find our energy and our overall sense of well-being is depleted by interactions with negative, angry and reactive people.

These Interactions Can Lead To:

Confusion

Shock

Hurt

Anger

Anxiety

Insomnia

Despair

Severed Relationships

Impaired Job performance

Burnout and Dread

How To I.D. TXB:

The Behavior Feels:

Sudden

Hateful

Bitter

Critical

Unreasonable

Deeply personal

Dishonest



Common Reactions Include:

Surprise

Self Doubt

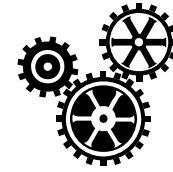
Rage

Fatigue

Self righteousness

Preoccupation with revenge

Distrust of others



Questions We Can Ask Ourselves:

What is it about the behavior that I find so upsetting?

Does this behavior remind me of past experiences?

Have I given them the impression they can abuse me or is this their default mode?

Who can help me to confront the toxic behavior?

If they don't change, how can I avoid spending time with them and protect myself when I have to be around them?