The Expert Says – Winter 2019

Mental health advocates suggest strategies for handling the hurt when someone dislikes you for no reason.

December 2, 2019 By Kate Ferguson

Resist the impulse to act out.

When people make snap judgments about you or treat you with disdain or discourtesy, it's normal to feel anger. Rather than react, count to 10 to help control your feelings. Walk away to give yourself time to think and cool down.

Don't dwell on why someone may dislike you.

Everyone is responsible for their behavior. Remember that there are people who love, respect and value you. Many times you'll find that the way haters feel about you has more to do with their own fears, insecurities and shortcomings.

Avoid folks who don't like you.

Give individuals who spew negativity a wide berth. Sometimes this response is enough to make people think a little harder about the disagreeable attitude they have toward someone who has done them no harm.

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