

Title:

Are You a Trash Can for Others' Negativity?

Word Count:

658

Summary:

Carmen, a client of mine, told me at the end of one of her sessions, "I'm no longer willing to

"Wow!" I said. "I'm delighted to hear that! And I love that metaphor!"

Keywords:

negativity, negative people

Article Body:

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"Wow!" I said. "I'm delighted to hear that! And I love that metaphor!"

Carmen is a lovely, warm, intelligent and compassionate young woman in her late 20's. Coming from

Early in our work together, Carmen discovered that most of her friends were just like her mother.

"Because you are willing to listen without speaking up for yourself. There are many self-absorbed

"But if I speak up, I won't have any friends."

"Well, you might not have many friends for awhile, but eventually you will find new friends."

"Yes! I don't want to be a trash can anymore. I don't want people dumping their negativity onto

How do you feel inside when you allow others to dump their negativity - their complaints, their

If you are really honest with yourself, you will find that it's not worth it ~ that you deserve

It takes faith and courage to speak up for yourself. It takes courage to say to your friend who

When you become willing to speak up for yourself, you will discover who really are your friends

It's a great way to discover who your friends really are!

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