**[COPING WITH NAYSAYERS](http://personalexcellence.co/blog/naysayers/" \o "7 Tips To Tackle Naysayers in Your Life)**

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First they ignore you. Then they laugh at you. Then they fight you. Then you win.

*Mahatma Gandhi*

Have you ever met any naysayers in your life? Someone who is perhaps discouraging you from pursuing your goals and dreams? Someone who doesn’t take you seriously and says it’s impossible when you share your ambitious plans for your future with them? Someone who is keeping you from achieving your highest potential?

So, what is a naysayer? It is someone who systematically obstructs some action that others want to take, a person who habitually expresses negative or pessimistic views.

At every point in our life, we have some naysayers in our circle, be it our colleagues, acquaintances, friends, or even close friends and family. These naysayers are termed as such because their favourite response is always “nay”. Say you are thinking of pursuing your passion. They’ll tell you that it’s not feasible, that it’s not practical in the world today, it’s not going to make you profit. Most of the time, naysayers have little to add to the conversation, serving only to extinguish your hopes and dreams.

I have also faced my fair share of naysayers in my life. They were my colleagues in my former workplace. They were nice people but would discourage me and my pupils from aiming too high in their schooling (by too high, I really mean trying to aim to win different contests in English). Some of them pre-judged their pupils based on the biased assessment of the pupils’ abilities, then treated the pupils as such. Rather than encourage them as a teacher, they were often a wet blanket, telling them to opt for pragmatic courses and career paths than set big goals and dreams.

So, people are different and accept this reality differently. There will always be naysayers, who seem to make your life more difficult. And there will always be the ones who support you and stay by your side at all times. How you handle them will say a lot about your character and what you stand for.

There are people who ‘have grown immune’ to naysayers, flicking them away as soon as they appear in their lives, avoid naysayers like the plague. They weed them out, stay away from them. And it makes sense, as negative people do drain you of energy. Such people just X- Out any negative talk.

But is it possible in real life to avoid any contact with naysayers at all? You should always keep in mind that there will always be people in your circle of family, friends and acquaintances who won’t get what you do. Can you ignore them all? Seems unlikely.

By following these simple steps you can turn a bad situation into a good one and boost your reputation as a professional worthy of doing business.

**1. Ask yourself: “Who are these people? Should what they say matter to you?”**

Each time you meet a naysayer, you should first try to understand where he/she is coming from. Are they experts?

If you want to lose weight, talk to people who are in shape or who have lost weight, not people who complain about having gained weight. If you want to be more spiritual, talk to spiritually rich people. If you want to be happy, talk to happy people, not negative people.

So, for the people with expertise in the field: ask them curiously about their opinion and also what it is based upon?” Listen to them and take the information in, maybe they have valid data to prove their point.

For the close friends and family around you: understand that they probably reject the idea from a place of fear. Accept their comments, but don’t get influenced. If you are feeling gracious, thank them for their concern but tell them that you have whatever it is covered.

Switch topic if you can. With nothing to go on, the naysayer will stop there. Then get busy and do what you need to do to make your career boost.

When people try to offer uninvited advice on your life, simply tune out. Your body is there, you’re looking at them, giving them the periodic nod, but your soul is not present. Simply turn the cold shoulder.

After all, at some point you just need to put on blinders to what other people are saying about your choices if they don’t provide you with encouragement or something that you can use to help you reach your goals.

As a good manager or a business owner you must develop a thick skin.

**2. Try to engage in intelligent discussion.**

People have the right to disagree with what you say and pro-actively voice their opinions.

Accept this fact and don’t be so easily offended. Instead, think of logical counter arguments to defend your position and engage in healthy debate without resorting to immature name calling. If the negative person actually has something to say, this will provide you with valuable constructive criticism that you can use to improve your business.

But if people start spamming you with negativity or they go overboard with their comments, stand your ground, put your foot down and show that you will not tolerate that.

**3. Be kind and helpful to your naysayers.**

Many people just don’t know what it’s like to think big and achieve goals, let alone considerable success at all. Everything they’re saying is just to scare you into going back where you’ve come from. Why? Because they’re actually scared themselves. They’ve never done any of what you’re trying to do and they’re scared that you’ll succeed. They’re scared that if you do, it’ll prove them wrong. They’re scared to discover that they’ve been locking their potential and ‘wasting’ their lives all this while.

Some of them just don’t know any better, and there will be people who you will positively impact through your words, your actions, and simply because of who you are. Share your successes. A success shared is a success multiplied. Down the road, people will thank you for what you have done to help them.

**4. Remember that each NO just gets you closer to another YES.**

The most successful people are the ones who failed along the way, which means that failures along the way are a good thing as long as they go along with perseverance.

**5. Safeguard your goals.**

Your goals are too precious to let other people spoil everything. Protect them. Don’t give naysayers the opportunity to damage your dreams by not even raising the topic in the first place. Be rather selective about who you share your goals with, and try to share only selected parts relevant to the conversation.

**6. Surround yourself with enablers.**

Rather than face negativity, surround yourself with positivity instead. Think about how you can increase the time you spend with successful people starting from today.

If you don’t have any such people in your life, it’s okay. Think of the people out there who are doing what you want to do, then increase your contact with their works, such as their books, their interviews, their TV shows, and so on.

**7. Be confident and determined in what you are doing.**

Think about your vision. What do you want your life to be like? Believe in yourself.

Whenever you get distracted by naysayers, it’s only because you’ve taken your eyes off your goals. If that’s the case, all you need to do is to look back at them. Remind yourself of what exactly you want to achieve in life from time to time. Then ask yourself if it’s worth it to put your goals on hold because of a couple of naysayers. The answer seems quite obvious.

So, don’t deny yourself the life you should live to the full just because of naysayers. At the same time, make sure you’re not being a naysayer to others.

John Eliot said and I quote: ‘History shows us that the people who end up changing the world – the great political, social, scientific, technological, artistic, even sports revolutionaries – are always nuts, until they are right, and then they are geniuses.