Article published on March 2nd 2012 | Positive Thinking

A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behavior is patience and moderation. Thatâ€™s very much true. But unfortunately not all of us realize this fact in our life. There will be times when we are insulted or looked down by people. In this fast paced world everyone wants to compete to prove himself the best and so the heat of the competition is more. But we fail to understand that tit for tat is not the solution to this problem. We only end up hurting ourselves more. Patience and understanding are considered weak emotions and everyone is expected to be aggressive these days.

There will always be people who like to get some pleasure by insulting people. But it has to be understood that there is a reason behind this. Why do people have to insult other? There are reasons. Sometimes it could be because of insecurity. When you feel insecure that someone else is getting all the possible pleasures in the world, then there is a tendency to feel jealous. Wow! Isnâ€™t that a compliment to you? There is a tendency of that person to tease you and seek some joy and pleasure in finding that pressured reaction on your face. They expect to make you uncomfortable or cry. So donâ€™t give them a chance to enjoy that reaction on your face. Thatâ€™s exactly what they want

Now how do you find a way to fight this situation? One thing is that you can laugh away the whole scenario and make a joke out of it. It is also to be understood that in some cases, it is a custom to initialize conversation in a group. You will usually be insulted and tested initially to see how well you handle the situation. Sometimes you will notice friends say, â€œYou are so stupid!â€• Now itâ€™s your job find out whether that person is trying to bond with you. Try to understand what his intentions are and then decide how to react. When you are being insulted and there is no combative remark from your side, the other person will have nowhere else to go and talk back. So the situation ends right there.

There are so many other things to enjoy in life apart from spreading hatred. So never learn to pass a bad remark back. On the other hand make use of these remarks to improvise yourself. Letâ€™s take an instance where you are called a loser. Then you could actually take steps to become more successful taking it as a challenge. Try your best to understand the person who is insulting you. Maybe he is having some problems mentally or suffering from insecurity. When a person insults you, itâ€™s up to you to decide how you take it. You can either think of it as a pinch of salt on your dish. When you donâ€™t take literally take it to heart then it means you are actually not insulted.

There is a tendency to develop negative emotions on movies and TV shows. I have come across a couple of programs on my FiOS TV. There is also one other solution. You could actually try and make someone who insults you a friend. There is no better supplement than love and compassion to handle criticism. Itâ€™s better to take criticism as a constructive tool to come up in life. It is to be understood that everyone is very special and different in their own way. Learn to enjoy your specialty and respect yourself for your own individuality. Insults are very disgraceful and itâ€™s better not to incorporate it in your life.

Article Source:
http://www.articleside.com/positive-thinking-articles/how-to-stay-composed-by-avoiding-negative-emotions.htm - Article Side

Robin Mackenzie - About Author:
Robin Mackenzie is a freelancer. She has an affinity for human psychology. She loves to brood on

various aspects of the human mind and write articles on similar topics. She has an eye for good TV shows related to Psychology and watches them regularly on her a FiOS TV.

Article Keywords:
FiOS TV, Digital TV, Insults

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!