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## Dealing With People You Cant

If you choose unhealthy coping mechanisms like avoidance or denial, for example, you can quickly turn a tough situation into a tragic one. And sadly, this is a common mistake many people make. When you find yourself facing a disheartening reality, your first reaction might be to deny the situation, or to avoid dealing with it altogether. But by ...

40 Quotes for Coping with Things You Can ' t Control

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The relationship you thought was forever has just fallen apart. The boss you trusted has unceremoniously fired you from the job you loved. Or perhaps you had a car crash, but you weren ' t hurt so it wasn ' t a ' big deal ' . You keep trying to rationalise what happened, to tell yourself to just ' get over it ' .

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