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10 Toxic People You Shouldn't Bring With You Into The New Year

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Can you believe that it's already December? This year has flown by in the blink of an eye and we're on the verge of yet another year — a year full of possibility.

What you will accomplish next year greatly depends on the people you surround yourself with. Or, in other words, it greatly depends on which people you decide not to surround yourself with.

When bringing in the new year, be sure *not* to bring all your garbage with you. Leave these toxic individuals in 2014; you'll feel much lighter, allowing you to get a great running start on the year to come.

1. The people who make your life more stressful.

Stress isn't necessarily a bad thing — in fact, it's what you make it out to be. If you believe stress is bad for you, then it will be bad for you. If you use stress as the motivator it is, to motivate you to act, then stress can actually be rather healthy.

However, you should aim to only be stressed by situations and not by people. If you have people in your life who are constantly managing to stress you out, that's your mind telling you — and trying to motivate you — to remove them from your life.

Life is stressful as it is. You don't need someone making it more so.

2. The people who use you.

To be fair, everyone uses everyone — and usually it's OK. We interact with others because we find that it will benefit us in some way. If we didn't believe it would, then we wouldn't find sufficient reason to interact with them.

Sometimes we find people in our lives who use us in ways that end up hurting us. Most people will use us and by doing so, either maintain or improve our wellbeing.

Then you have those toxic individuals who use you and leave you worse off, sucking you dry and feeding off you like a parasite.

These sorts of people have no place in your life; don't bring them into 2015.

3. The people who don't respect you.

Every respectful person deserves to be respected in return; that's how respect works. If you find that you have a person or people in your life

who have difficulty giving you the respect you give them, tell them to buzz off.

Have enough respect for yourself to never allow others to disrespect you and remain a part of your life.

4. The people who always manage to hurt you.

People can be silly sometimes. The people we keep a part of our lives are the people we care about — or at least, that ought to be the case. Some of these individuals, sadly, end up hurting us and causing us pain.

The problem is that when others cause us pain, we're reminded of how much those people mean to us. If they could hurt us emotionally, we must care for them and what they think of us a great deal — so we allow them to remain a part of our lives.

Often, we'll even allow these individuals to take up more room. People hurt other people — it's just the way the world works. But if you have someone in your life who can't manage to stop hurting you, do yourself a favor and cut that person off.

Pain is only good if it teaches you a lesson. In this case, the lesson is to stop allowing others to use you as a punching bag.

5. The people who can't seem to stop lying to you.

Everyone lies. In fact, within the first few minutes of meeting a new person, that person is likely to lie to you a handful of times. Most lies are harmless, but that all changes when the people who are lying to you are the people you trust.

Fill your life with trustworthy people and you'll be far better off. You can find lies just about anywhere. Finding the truth, on the other hand, is much more rare.

6. The people who smile to your face and then insult you behind your back.

These are the scum of the scum, cowards that don't have the guts to speak their minds. These individuals enjoy pretending to be your friend while telling the rest of the world that you're a piece of sh*t.

These people will ruin your reputation and, as most of us now know, reputation matters a whole lot in the world we live in. Only idiots would start a new year with these sorts of individuals in their life.

7. The people who don't care about you, but love to pretend they do.

We've all had people in our lives who act like our friends only when it's convenient for them.

These toxic individuals are "pseudo friends" — a lot of fun to hang out with, and more than willing to accept help, but when you need their help they're miraculously nowhere to be found.

These individuals are especially toxic because they give you the illusion of a safety net. You think you can lean on them for support, but when you reach for their shoulder, you fall over and hit the ground.

8. The people who drag you back into your old lifestyle.

Life is only interesting and exciting if it's constantly progressing. Only when we're constantly moving forward, constantly improving ourselves and our surroundings, are we able to find contentment and happiness.

Most people always manage to keep people in their lives who are holding on to the life you once had.

You have worked hard to progress and make changes, but these individuals prefer life the way it used to be, and do their best to bring you back to the cave you just crawled out of.

Be wary of these folks, they're often difficult to pinpoint and always manage to revert the progress you worked so hard to make.

9. The people who hold you back.

There's a fact to life that I've grown to accept over the past few years — a fact that isn't especially pleasant, but nonetheless necessary to accept as truth: Many people in your life, the people you call friends, shouldn't be a part of your life.

As time passes, we change as individuals. Our hopes and goals change, often leaving the relationships we have in place outdated.

Many of the people in your life likely don't want to live the life you're building for yourself. Because they're egocentric, they'll do their best to create their version of their ideal life and drag you into it.

Most times, people fail to create the life of their dreams because they surround themselves with people aiming for something entirely different.

If your goals aren't aligned, your lives aren't either.

10. The people just taking up space.

Everything in life is limited. Resources are limited. Time is limited. Space is limited. What you can accomplish within a lifetime is limited. We can't, and never will be able to, have it all.

This is why you have to be very careful with not only what you choose to do, but with whom you choose to do it with.

You can only maintain a handful of strong relationships at any given time — you just don't have the time, energy or mental focus to handle more.

If you're filling your life with half-assed individuals, you're bound to create a half-assed life. If someone isn't adding to your life, then, by default, they're taking away from it.

Leave them in 2014 and build a better inner circle.



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What Men Want In A Woman (Regardless Of Appearance)

Make Him Desire You

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Simon Woolcot · [Follow](#) · Presenter at English Breakfast Radio, Amsterdam, The Netherlands · 158 followers

How about avoiding toxic posts full of negativity?

[Reply](#) · [Like](#) · 261 · [Follow Post](#) · December 16 at 6:28am



Jason Vernon · [Top Commenter](#)

Exactly!

Spend energy on connecting w/ those who improve the quality of our lives and where we improve the quality of theirs. The "negatives" will naturally be edged out to make room.

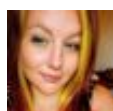
[Reply](#) · [Like](#) · 35 · December 16 at 11:22pm



Léo Laiter · Concordia University

Yeah, also reducing people to these definitions only, as if say you're a person who takes space (n°10), well that's all you are so let's throw you to the garbage ...

[Reply](#) · [Like](#) · 21 · December 17 at 3:54am



Vanu Styles · [Follow](#) · Hair Stylist and Makeup Artist at Freelance Stylist

Oh geeze, if you're not one of these toxic people, you won't be offended. This is a great post .. and one person who is "taking up space" to me could be a pillar of sanity and guidance in another person's life.

most people DO have people they shouldn't in their lives, that doesn't mean those people are garbage...sheesh

[Reply](#) · [Like](#) · 51 · December 17 at 12:41pm

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Tyrone A Gaskins · Principal at Targeting Alternative Growth - TAG Resources Inc.

"Everything in life is limited. Resources are limited. Time is limited. Space is limited. What you can accomplish within a lifetime is limited." This is a corporate lie. Life's possibilities are only limited by our minds and conscious awareness. All is awareness. All is change. Time is a man-made concept; linear at that; the of reality of matter is spherical... The universe is infinite and the scientist's postulation that it is 13.7 billion years is just that; a postulation.... Space I think in terms of the reality of the last statement about time, speaks for itself. Man's mind cannot currently comprehend all the space we can see and account for.... don't believe the hype... believe yourself and stop letting the media define our reality.

[Reply](#) · [Like](#) · 125 · [Follow Post](#) · Edited · December 16 at 5:24am



Alexander Supertramp · [Follow](#) · Works at Regisseur

You're missing the point

[Reply](#) · [Like](#) · 73 · December 16 at 7:33am



John Romo · [Follow](#) · Heat Lamp at The Lob

yeah man we'll raise the pentagon with our minds man yeah man dude oh gosh yeah corporate man so corporate. omg facebook is so corporate. drop acid not bombs man yeah.

[Reply](#) · [Like](#) · 54 · December 16 at 7:39am



Kera Lisa · [Top Commenter](#)

Well, no. That we've given time a name and physicists apply maths to it to understand it better doesn't render it man-made any more than naming the stars



understand it better doesn't render it man-made any more than naming the flora and fauna of the planet renders those things man-made.

If I waste a day with someone I don't enjoy, of my own free will, I have lost a day I cannot get back and it's my fault.

[Reply](#) · [Like](#) · 35 · December 16 at 8:21am

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Kelly Strand Anderson · [Follow](#) · [Top Commenter](#) · President at Edison Seattle, Inc.

There is someone in my life for each of the ten characteristics listed...and they're all the same someone. This article helped me realize there is one toxic person in my life and ten reasons to leave him behind. Hard to let go of what you know, even when you know it's (he's) bad for you, but it's time...

[Reply](#) · [Like](#) · 81 · [Follow Post](#) · December 16 at 5:24am



Juli Capinera · The College of New Rochelle

Same for me!!

[Reply](#) · [Like](#) · 7 · December 16 at 6:30am



Chad Wegner · [Top Commenter](#)

it was jesus wasn't it?

[Reply](#) · [Like](#) · 106 · December 16 at 8:11am



Mary Pap · [Top Commenter](#)

my Like is a vote of confidence! Go girl :)

[Reply](#) · [Like](#) · 2 · December 16 at 1:50pm

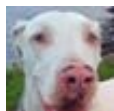
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Ann Renee Hansard · Princeton Theological Seminary

There are some helpful things in this article. However, I felt that the advice seemed quite "black and white." Life is full of gray. Absolutes can be misleading. Many relationships get rocky. Often, we can climb the rocks, with work. But not always.

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Chad Wegner · [Top Commenter](#)

You read my mind, but appealing to the critical thinker is not really a popular thing lately..

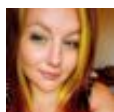
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Jason Vernon · [Top Commenter](#)

Or how people will look at this and think about the toxic people in their lives, but may never be likely to think that they, themselves, may be toxic to someone else. Introspection goes a loooooong way.

[Reply](#) · [Like](#) · 34 · December 16 at 11:23pm



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It is the job of the critical thinker to apply this in rational ways.

[Reply](#) · [Like](#) · 6 · December 17 at 12:43pm

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Crystal Andree · Home Health Care Coordinator at Trinity Home Health Services

Another insight may be looking in our own mirror and asking who we may be toxic to? Then



Another insight may be looking in our own mirror and asking who we may be toxic to: then changing that behavior.

Reply · Like · 27 · Follow Post · December 16 at 7:35am

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[10 Reasons Why You Shouldn't Get Too Excited About Phil Jackson 'Fixing' The Knicks \(/sports/10-reasons-phil-jackson-isnt-going-fix-knicks/\)](#)

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in [BASKETBALL \(/CATEGORY/BASKETBALL\)](#)

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Your Past Is Your Past For A Reason: 10 Reasons You Shouldn't Get Back With Your Ex (/dating/sex/10-reasons-shouldnt-get-back-ex/)

Paul Hudson (/Users/Paul-Hudson)
in DATING (/CATEGORY/DATING)

11 months ago



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