

**Self-Care and Clarity of Mind...a weekly column
by Princess Lakshman (Sister Iqra)**



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **How To Communicate With People Who Negatively Trigger You**

Two kinds of people exist in your life. One kind brings love, light, peace and joy into your life and enhances you in your journey to get closer to ALLAH. The other kind does exactly the opposite. They are the toxic kind and they suck out of you love, light, peace and joy and become a hindrance in your practice of becoming closer to ALLAH.

In the core of your being, you are always able to identify these two kinds of people. However there may be times when you are unable to effectively build, maintain and respect your protective boundaries that stop these toxic people from affecting you. They seem to get their way, manipulate you into believing in their falsehood and convince you that their way is the only way. Sadly, sometimes their toxicity rubs off on you and you begin to dwell in their toxic energy so much so that your own decision-making and your choices become affected. Ultimately, you become so engrossed in their toxic cycle of gossiping, bullying, put-downs, name-calling or constant bickering and criticising that you begin to participate in that cycle and even seek their approval to find meaning in your own life. You may do this because you care for them and don't want to hurt their feelings.

The toxic behaviours displayed by these people may be negatively triggering you. It is now time to become aware of these people in your life and re-evaluate your relationship with them. Your life is a gift from ALLAH and you have every right to protect your emotional and physical health from toxic people the same way you would if you were around toxic chemicals.

10 Strategies On Dealing With People Who Negatively Trigger You

1. Make a list of people in your life who often cause you to feel drained and tired after you interact with them.
2. Write down exactly how these interactions affect your body and your mind. Describe in detail the way you feel whenever you are in contact with them.
3. Become mindful of these physical and mental responses so that whenever these people interact with you, you will immediately notice these signs in your body and mind.
4. If the person is physically with you or talking to you on the phone or online, spend more time LISTENING. While you listen, observe your own bodily sensations...Is your heart rate getting faster while you are interacting with them? Is your chest feeling painful or heavy? Is your throat becoming dry or painful? Are your ears hurting? Is your mood becoming angry or negative? Are you holding your breath more?
5. Use these observations as a sign that this person is in need of your dua. Start making silent dua for him/her.
6. Take deep breaths and start focussing on ALLAH. You will notice that the person will begin to feel your calm energy and will either take your leave, become silent or begin to say something positive.
7. If the person is communicating with you via text messages, allow yourself time to read first and then put your gadget away to respond to their message at a later time. You do not have to respond immediately. Change the settings of your phone app so that the person is not aware whether you have read their message or not. It's not an emergency. If it were an emergency they would be calling 000, not texting you.
8. If the text messages become too aggressive, delete them. You don't need to read them at all. You are in charge.
9. Identify your boundaries in your relationships and respect them. Once you respect your own boundaries, others will learn to respect them too.
10. Always remember, you are answerable ONLY to ALLAH, no one else.

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