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workplace situation you should take a moment to listen to their concerns negativity in relationships can come in the form of cynicism criticism whining attacking pessimism discontent perfectionism and hyper intensity coping with these behaviors and attitudes can be a serious challenge but it's important if you want your relationship to last too often our reaction to seeing or experiencing a negative or unfavorable behavior is to do one of two things ignore it or complain about it these are natural reactions yet they're decidedly

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