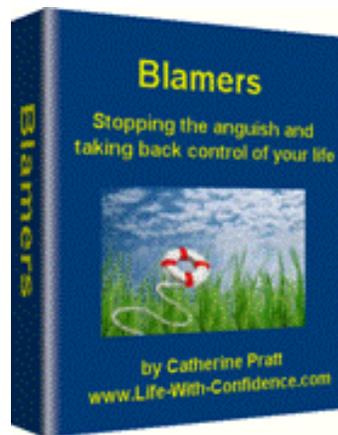


Dealing With Blamers

3 Case Studies



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Introduction

- I can't do anything right no matter how hard I try
- My husband is constantly putting me down
- If it's not done his way exactly, he gets really angry. It has to be his way or no way even if it's as simple as which way to go to the store.
- I used to be really confident in my job and now with my current boss, I feel like I'm just so incompetent and hopeless. Like I'm a complete failure.
- I get anxiety and panic attacks trying to decide what I should do now. I know whatever I do, it's going to be wrong. I replay conversations over and over in my head wishing I'd handled it differently.
- I don't want to say anything at work anymore because whenever I do this one co-worker attacks me and gets everyone else to agree with her that I'm stupid. It's horrible.

These comments are all made by people who have come in contact with what I call “blamers”. Blamers are people who always blame someone else for whatever happens. They can color any situation so they're always the victim and you're portrayed as the one being mean to them or any problem is due to your doing things the wrong way. The end result of interactions with blamers is you always wind up being at fault somehow and you feel horrible about yourself because you've been made to feel guilty or think you're completely incompetent. You'll usually feel incredibly drained and frustrated after most interactions with blamers.

Dealing with blamers is much different than dealing with your average negative person, too. A blamer requires very different techniques. What you've learned that works in dealing with a difficult person will most often not work with a blamer and may in fact make the situation much, much worse.

All three case studies within this report show examples of situations that often occur with blamers.

In the first case study, I give a more detailed look at blamers. You'll see how blamers are always criticizing and micromanaging you, as well as trying to make you feel like

you're always to blame and it's always your fault. Blamers can cause terrible guilt, anxiety, and depression in you as well. You'll get a good understanding of this personality type and the reactions they attempt to and often succeed at causing in you.

The second case study looks at the situation where a blamer makes negative comments about others to you. This is something a lot of blamers do in order to manipulate the situation. This can cause emotional distress to you because you may feel guilty if you don't stick up for the person being criticized yet if you do say something, quite likely that will trigger an attack against you.

And, lastly, **the third case study** looks at a blamer who's caught doing something wrong (such as taking credit for your work) and you call him on it. He responds by viciously attacking back, perhaps by putting you down, or criticizing you, or even giving you the cold shoulder. This is something you'll find commonly happens when dealing with blamers. They project their wrongdoings on you or deflect the blame onto you. This can be terribly distressing to deal with and cause intense emotional turmoil.

These case studies give you a brief introduction to what blamers are and how they operate. Reading through these pages may suddenly open your eyes to the realization that situations that have completely puzzled you before or that were unfairly blamed on you are really due to the person's being a blamer.

You'll also gain an awareness that it's not you who is the problem. The real problem comes from how blamers view the world. A blamer's worldview is very much different from how the rest of us see the world, and blamers have different rules of conduct than non-blamers have. For example, blamers see nothing wrong with using people to get what they want. They use tactics to make you feel guilty and in the wrong rather than taking responsibility for their own mistakes.

It's an incredible relief when you realize it's not you, it's the relationship that's wrong. You also take back your own personal power when you're able to gain that new

perspective of what's really happening in the situation. You see beyond the smoke and mirrors that the blamer has previously been using on you. Being released from a blamers hold is wonderful. And achieving this freedom is not only possible, but you'll find it's not as difficult as you might think.

What reading through these case studies *can't* give you is the in-depth information required to truly understand how the blamer's mind works so you can avoid the usual pitfalls and traps of dealing with him. To develop that detailed knowledge, you'll need to read "[Blamers – Stopping the Anguish and Taking Back Control Of Your Life](#)".

In these 80 pages of powerful, step by step techniques you'll be able to see how to truly master dealing with blamers. Once you discover these strategies, you'll just naturally become free of the anguish and distress blamers have caused in you previously. You'll finally be free of them.

Purchase your copy here:

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Happy Reading.

Catherine

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Case Study 1: When You're Always To Blame, It's Always Your Fault

Case study 1 describes the negative person who makes you feel like you're always to blame and it's always your fault. Also, explains how they think and behave.



For this first case study on negative people, let's talk about the negative person who makes you feel like you're always to blame, it's always your fault and nothing you do is ever right.

Most likely after many of your encounters with this person, you end up feeling guilty, upset, emotionally drained and confused. You may even feel like you're completely useless or incompetent.

The most difficult times to deal with this type of negative person is when they're in the role of your boss, your parent, or your significant other.

This type of person isn't always easy to identify at first. The blamer can be very charming and likeable yet also have this darker side. When you're dealing with the darker side, it will feel like the rug is always being pulled out from under you and nothing you do is ever right, or you get blamed for his mistakes or his deceptions. Trying to be rational with him doesn't work. Trying to get him to see how hurt you feel by what he's doing doesn't work. In fact, these two tactics will make it much, much worse.

So, what should we call this particular type of negative person? I tend to call them blamers because they always blame someone else for anything and everything. They are never the one at fault. This is one of the main clues to identifying this type of personality. They always blame everyone else but themselves when things go wrong.

They are extreme blamers though in that this blaming aspect is a main part of their personality. They're not someone who just occasionally blames others when they get frustrated.

You'll sometimes hear what I call "blamers" also being referred to as "narcissists" by psychologists. When I first heard this description of them, I didn't associate it with the type of personality I was constantly encountering. I thought of narcissists as meaning people who are basically in love with themselves, only talk about themselves, and don't care about anyone else. But, this is only one very specific type of narcissist. There are many different layers and levels to narcissists and you'll find that they can come across as very caring towards others in certain situations, seem charming and interested in you when you first meet, talk about other people and just do not seem to match the most well known description of a narcissist. They can come across as truly nice people in the

beginning, and it's not until later that you suddenly realize you feel like you're trapped in a nightmare and also that you're now very much involved even though you may not want to be.

Whether they're called blamers or narcissists, I think this is one of the most destructive types of negative people you can ever deal with. They can have an extremely negative effect on your thinking and your own behavior. They can actually cause such intense anguish and distress, it will last a lifetime until you gain the awareness that it wasn't you, it was the situation that you were (or are currently) in.

If you've been a victim of this type of negative person, you may feel like there is something wrong with you and that if only you were better, or smarter, or nicer, or more competent at your job, or just did the right things for once then the situation would be better between you and the negative person. You end up feeling like it's all your fault which can end up causing depression, self loathing, or other self destructive tendencies.

It's a very different reaction from the view point of the narcissist (or blamer), as he really doesn't see anything wrong with what he does. The fact that you the victim are so upset or feel terrible about things, is simply due to his believing you're wrong and he's right. He also thinks it's his duty or that he's "helping" by putting others down, telling them what they're doing wrong, or blaming them for things. He often doesn't respect other people's boundaries (walks in without knocking, borrows your stuff, takes credit for your work). In his eyes, he can do no wrong. He also likes to be admired or envied.

Defending yourself from this type of person will only make the situation much worse and you'll end up being attacked even more. If you point out how you're innocent and didn't do anything wrong or that he's really to blame then an explosion of anger will most likely occur. Then the tables will be quickly turned on you and the blamer will make it appear that everything is entirely your fault. He's innocent and you're the evil one.

You'll also find that he expects you to do things "exactly" as he would do it. This is because he doesn't see you as a separate person. You are a reflection on him. Nothing you do is ever right though and he'll constantly criticize you and belittle you. Micromanaging is something he loves to do as well.

A clue that you're dealing with this type of personality is that he tends to show different sides of his behavior to different people. For example, one child may be treated differently than the others. In the situation of a blamer boss, he'll be very nice to his superiors or certain colleagues yet absolute "HELL" to work for. He can also be very hot and cold in his relationships in that one moment everything is fine and then the next he's intensely angry at you. This is one of the reasons it can cause such mental distress for the victim. Other people don't understand what it's like because they can't always see what's really going on. The blamer will be highly admired by some as they never see this dark side of his behavior.

On the flip side, he's very sensitive to any perceived criticism from others and may even start to attack or say he's been deeply hurt even when no true criticism has been said.

With some blamers, they are deceptive and manipulative all the time. Their philosophy tends to be “attack others before they attack me” which means that if they've made a mistake they tend to blame others or start to attack others before they can be caught. Often, they see nothing wrong with lying and will lie even if there's no need to. Another interesting characteristic they tend to have is that they tend to project any of their own wrong doings on to someone else.



The biggest clue of all that you may be dealing with a narcissist is actually how it makes you feel. If you feel distressed, anxious, guilty, like you're incompetent after dealing with him, then this is a good sign you may be dealing with a narcissist. Also, if you find that you tend to block out all emotions when dealing with other people and feel like there's always a wall between you and others, this could be a sign. Or you may find that you emphasize way too much with others and this might be another clue. Coping with a narcissist will have led you to have developed certain survival skills which could have led you to a very skewed view of the world and how to deal with it. So, relationships may feel tricky and confusing for you. You may find that you constantly feel angry and hurt all at the same time. Different people respond differently to the narcissists but these are some of the more common effects.

The strategies you've probably learned along the way on how to deal with "normal" people will not work with this type of negative person. You're dealing with a different mentality and you'll need very different strategies for this specific type of person.

Does any of this sound familiar with what you're dealing with?

If so, keep reading through the next two case studies for some detailed examples of situations that will often occur with blamers.

Case Study 2: When Blamers Make Negative Comments About Others

It can feel incredibly awkward when you suddenly find yourself in a situation where someone is making negative comments about others to you.



If you're dealing with a blamer, you'll find this situation happens fairly regularly. It can be tricky to know how to respond with a blamer because if you disagree or defend the other person, it could trigger the blamer to suddenly start being mean to you. If you say nothing, you may feel guilty for not sticking up for them. So what should you do? Here are some quick tips and suggestions on how to deal with this type of situation with a blamer.

Take A Step Back

When you're placed in a position like this, your first reaction might be to try and defend the person being criticized. Before you do that, take a breath to relieve the tension you're now feeling, and then take a moment to think about why he might be making the negative comments in the first place. Figuring out why the comments are being made will help you to realize what he's trying to achieve with the negative comments.

So, is he making the comments because:

- he's trying to convince you that he's right and the other person is wrong?
- he's trying to create a bond with you. Sort of like "us" versus "them" mentality.
- he wants you to see him as a victim and to do something to fix the situation?
- he's jealous of the other person?
- he's trying to drag you into his drama of how bad things are for him.
- he's upset because that person isn't doing exactly what he thinks they should be doing?
- he feels like he's been abandoned or rejected by that person?
- he's feeling frustrated and feels like no one is there to help him?
- he's afraid and trying to make himself feel better by putting others down?

It helps if you can figure out why he's making the comments. You'll see that it's quite likely not really about the other person at all. It's just his way of expressing his fears or frustration and trying to make himself feel like he has some control in his life. Or, he may be trying to get you emotionally involved in the situation so that you'll do something to fix it.

The Response

Once you know why he's making the comments, it's easier to not to feel hurt and guilty that you're not protecting the other person. You can detach from the comments because it's not really about you or the other person. It's most likely all about him dealing with a fear he has or wanting some action taken on his behalf. It will also make it easier for you to decide how you want to respond.

A few suggestions are:

- you could just say nothing. If you don't encourage him to continue he may stop. By doing this, you're demonstrating that you're not interested in hearing negative comments about others.
- you could try and change the subject to something else. For example, "Oh, that reminds me...".
- you could make a non committal response like, "You may be right." That will often stop a blamer from going on and on about something. He's made his point. You haven't disagreed with him nor have you really agreed with him. But, you've responded in a way that will probably satisfy him.
- if you're able to, you could leave the room if you don't want to hear him continuing to say negative comments about other people.
- you could make a flattering comment to him, "You've done a good job keeping up with all that extra work they've given you." Just make sure that if you make a flattering comment that you really mean it otherwise he'll pick up on your insincerity and it could trigger an attack against you.
- if you think the person is open to humor, you could try to make a joke out of it. Be careful with this one though. You don't want him to think that you're not taking him seriously or that you're making fun of him.

If you do decide to make a comment defending the person, be prepared to accept the consequences that you might be severely attacked for taking this action. You also might have to deal with him taking revenge out on you later as well. This is the main difference between dealing with a blamer and dealing with just a generally negative or insecure person. With the blamer, you'll be punished for not agreeing with him.

Remain Detached

It'll be important for you to remain detached from the negativity. Taking the time to think about why he's making the negative comments about others in the first place will help you to remain emotionally detached. You'll be able to see the big picture instead of just getting dragged down into this person's world of fear. With a blamer, you can be sympathetic to the person but you don't want to be empathetic. So, you can say, "I'm sorry that happened to you" but you wouldn't want to try and feel what he's feeling too. You also wouldn't want to suddenly jump in to help him without really thinking things through first.

Another way to remain detached from the negativity is to imagine yourself with a shield or force field surrounding you so that none of his negative energy touches you.

Also, remember, it's just his viewpoint of the other person. It's not how you see it. You have your own thoughts about the situation and those are the important ones. His comments most likely are coming from feelings of fear and that other person is just a convenient way to vent those emotions.

As a blamer, his viewpoint of the world is very skewed and it's very unlikely you'll be able to change it no matter what you say to defend the other person.

You also need to keep in mind that he may be trying to manipulate you with his comments which is why it's so important to pay attention to what the blamer is saying and understanding why he's providing the information to you.

Keep these thoughts in mind and you'll be able to prevent yourself from some of the emotional turmoil that can happen when a blamer starts to make negative comments about others to you.

Next, let's move on to another situation that often happens when dealing with blamers, they viciously attack you when you when you point out something they've done wrong.

Case Study 3: When A Blamer Takes Credit For Your Work

In this final case study, I thought it might be helpful if we went through how to deal with the situation that a blamer has been caught doing something wrong and you call him on it.



His reaction will be to try to blame you or make it seem like you're the one who's done something wrong. This is someone I'm sure you've come across before and been completely frustrated by how he behaves. If you're not careful, it can escalate to become an extremely painful situation for you. It's a common reaction from a blamer, so it's valuable to see what's really happening.

Scenario:

Let's say you've discovered that someone is taking credit for your hard work. He may not specifically say he actually did the work but he definitely doesn't mention your name at all. It most likely feels like a deliberate attempt to mislead people.

Your first reaction may be one of anger as you went to a lot of effort and someone is basically stealing your hard work. It's important to give the other person the benefit of the doubt just in case it's a misunderstanding. You also need to be able to allow him to correct the mistake in a positive way.

So, you could simply ask the person to kindly provide proper reference to the author of the work if it's a written document or if it's actual work just ask that it be mentioned that it was your project. Keep it simple. Keep it light and upbeat. Try to leave out any charged emotions.

Important Note: When you're dealing with someone who takes credit for someone else's work, you could be dealing with an insecure person or a blamer. If you've never dealt with him before, you won't know until you've asked a few questions. You may already know from having had previous confrontations with him though that the reaction is usually vicious. Dealing with a blamer is different than dealing with your typical insecure person.

The Response Positive Person

In the best case scenario, the person will respond with something like, "Yes, you're right. Let me fix that right now. Thanks for pointing that out." Or he might give you an explanation of what happened which clears up the issue in your mind as well.

In this case, you know you're dealing with someone who is confident within himself and is not only able to take responsibility for his actions, he will do everything in his power to make it right. These are the people you respect and feel good dealing with.

Unfortunately, these people are not in the majority. Most likely you'll be dealing with a negative person. For this example, let's say you've had the misfortune to run into the extremely negative personality type of the "Blamer". As you'll see, the response is completely different.

Negative Person - "The Blamer"

Next, let's deal with how the specific negative person "the Blamer" is going to respond to you. You've asked a simple question, and a sure sign that you're dealing with a blamer is that his response will be intensely angry, very defensive, and possibly vengeful. He'll say you're wrong, or he may accuse you of trying to take credit for someone else's work. He takes the crime you've accused him of and says you're the one who actually did the crime.

Wow, what a switch. You think you're standing up for your rights and this person suddenly turns the table on you and claims that you're really the one in the wrong.

Often, the other nasty thing you'll suddenly discover is if the blamer gets the opportunity, he'll quickly drag some of his friends into the fray to agree that the accusations against him are completely ridiculous. You're left feeling like you suddenly been attacked by a gang.

Step Back For Analysis

So, let's take a step back and take a quick look at what just happened. He responded with intense anger and he also accused you of the crime you'd initially claimed he'd done.

He's projecting his wrongdoing on to you. His reaction is a reflection of him, not you.

This is a person who cannot stand the thought of being seen as wrong so he'll try to deflect the conversation back at you or try to make it seem like the whole issue is your fault. His angry reaction comes from fear. He knows that he's been caught and he's now afraid. So, to try and prove that he's done nothing wrong, he responds with anger.

His reaction is a great clue as to the personality type you're now dealing with.

At first when someone does this, you might be distracted by the hurtful accusations. His whole plan is for you to start defending yourself and to get caught up in a new topic so that everyone forgets about his initial actions. Don't fall for it.

Another one of your reactions might also be shock that other people are also attacking you as well. Don't let it get to you. It's just another defense tactic he's using. He calls in friends to stick up for him. It's to be expected. This is also how he convinces himself that he's actually the wronged person.

Now, that you have a pretty good idea that you are dealing with the extreme negative personality of a blamer, you also now know that he'll never back down and admit that he was wrong. It's just not going to happen. So, if you're hoping for an apology, it's not worth expending your energy for it.

Your goal should now be to extract yourself from this negative person as soon as possible. This person will sap your energy as he'll continue to hurl one untrue accusation after another at you. So, if you respond, you'll just end up feeling more and more drained. He wants you to get angry and lose your temper so you look bad and he can look like an innocent victim. Again, don't fall for this trap.

The one other manipulation technique he's using is he's hoping that you automatically respond like you might have when you were a kid. Remember when you got in trouble as a kid and you were made to feel really bad about upsetting someone else? Weren't you told to forget about your needs and apologize to the other person for making him upset? So, in this case, he may be hoping that you instantly react by apologizing to him and dropping the whole issue. He knows you don't like conflict and will find it difficult to handle.

The key though is that he's desperately trying to change the topic of conversation away from his original wrongdoing. He's going to use any number of different techniques in order to achieve this goal.

A Possible Response

Due to the angry reaction you received, it's best not to respond with your own negative energy. Try to think of an option which will allow him to back down from his defensive stance and give him a way to end the situation quickly and with his dignity intact. So, basically, don't make him admit that he's wrong even though he is.

As this person is on the defensive, he expects you to attack over the new accusations so it's important to try and not express any negative emotion towards him. (I know you feel like it but it's not the best way to handle this type of negative person.)

One option is to respond by saying that there must have been a misunderstanding then. He thought one thing and you thought the other. No worries. You'll be glad to call a truce and end this amicably. He can add your name to the document, and everything will be fine.

Most times, you'll find that the blamer does take your offer and ends the issue. You've made your point that it was your work he was claiming as his own. That's the important thing to remember. His lies were just a bluff to cover his crime so take it as a sign that he knows he did wrong, not that he actually believes what he accused you of. That was just a smokescreen.

Often with a blamer like this, you'll find that he's in such a hurry to blame you that he tends to make statements that are glaringly untrue. Easily his claims can be seen to be

completely false by anyone who actually has any knowledge of the situation. Your first reaction might be to point this out to him in order to prove that you're really right but it's not worth it. Doing this will most likely cause the situation to escalate to even higher levels of negativity and also diverts attention from the real issue (his taking credit for your work) and moves it on to defending yourself which you don't want.

Don't be too worried about his accusations. Most times you can be confident that everyone else easily sees through this person's lies. He's really just trying to confuse the issue in as many ways as possible and to blame someone else.

His Next Response

Best case scenario will be that he takes your offer of a way out.

Sometimes, you'll find that he will but that he'll also choose to attack just a little bit more as his way of accepting the offer.

Typically, this personality type will try once more to deflect attention from the fact that he's been caught in yet more lies by stating even more outlandish crimes that he says you've committed. This is something else that is so easily demonstrated to be false that it will feel almost laughable except it's meant to be cruel.

The new accusations are meant to take the focus away from his initial actions but also the second and probably third lie he's now been caught in.

The other tactic this type of person will use is to talk about how he's such a positive person or such a good person and that you're treating him very unjustly. He'll talk very righteously about how he's right and you're wrong. Again, this is meant to make it seem like he's just an innocent victim and that you're being mean to him so expect this to also be included in his response.

This is just another technique he uses to try and push your buttons and make you feel bad that you've hurt his feelings. He's also hoping to gain sympathy from anyone else who may be listening to this exchange you're having with him. All very much designed to take attention from his original wrongdoing.

It's important to be aware of this tactic and not to get caught up in his words. It's not really personal against you. It's a tactic to prove he's blameless.

One other thing to realize is that this type of person will want to have the last word. If he does that, then in his mind he's protected his fragile ego. So, let him have it. It just means he's out of your life faster and the more he continues talking, the more he makes himself look bad.

Bottom Line With Dealing With This Particular Type of Negative Person

It's very frustrating and sometimes extremely upsetting dealing with a blamer. The only response you'll get out of him is that he'll blame you or someone else for the entire issue. He'll be unable to take responsibility for any of his actions in the affair.

It makes sense when you understand that he's incapable of seeing himself as having done something wrong so he projects his wrongdoings on to others. He's also very sensitive to criticism and can't deal with the thought that he's being blamed for something.

Hopefully you'll find in the person's last response some shred of evidence that he realizes on some level that what he did was wrong. Perhaps, he might say something like, "I'll be more careful in the future". This is the closest you're going to get to him admitting he's wrong.

So, the best thing to do once you get to this stage is to just remove yourself completely from the situation. If you continue to press for more or point out his latest lies, he'll come back and attack you some more. The situation just continues to escalate and ends up being ugly for all involved. That's how he operates. You'll never win in the sense that he won't ever admit that he was wrong and you'll just end up feeling terribly frustrated and angry.

So, have faith in yourself and believe in yourself. You've handled this situation in a positive way by not sinking to his level and by not playing his games. If you remain calm during the entire exchange, you also won't regret any of your words.

You may be asking, "But if I don't get him to apologize or admit that he was telling lies about me, isn't that letting him walk all over me?" And, the answer is No. Most people will respond with anger and brute force when a situation like this happens and will try everything they can to get someone to admit that they're wrong. It really just makes the situation much worse with the particular type of negative person. You don't need someone to say that they were wrong to know that you're in the right. There is an incredible calmness and self assuredness about someone who doesn't need to press the issue and make people feel bad about themselves in order to justify their own actions. Think of some of the truly great inspirational people like Ghandi, Nelson Mandela, or even the Dalai Lama. They don't force their opinion on others. They just do what's right and let their actions speak far louder than their words. Also, remember that your happiness isn't dependent on this person behaving in a certain way or this situation ending with a specific outcome. Your happiness comes from a deep inner awareness of knowing who you are and living by your own high standards of conduct.

Key Things To Remember With This Type of Negative Person

A key thing to remember in situations like this is that you can't take his accusations personally. Realize that the blamer is using whatever he can think of that will be hurtful to you to distract you from the real issue, his wrongdoing. It's not really personal against

you. It's just a defense mechanism to try and manipulate the situation. So, be sure to remain calm and detached from the negative energy of this person.

Also, remember you cannot change this person. He won't suddenly grow up and be mature enough to take responsibility for his actions.

The good news is that you now know exactly what type of person you're dealing with. If you can, eliminate him completely from your life. He'll just drain you as he's not mature enough to have a healthy relationship with other people.

If you can't and you have to work with him, try to keep your contact with him to a minimum. Also, remember to not take his accusations personally and don't sink to his level by calling him names or accusing him of other wrong doings. He's trying to get you to react in order to make you look bad.

You may end the situation still feeling extremely angry that he's said lies about you. Let it go. Everyone who is mature will see the truth and that's the important thing. His words have no meaning and he's definitely not worth your wasting your thoughts and energy on. By remaining professional during the entire incident shows far more about your character than by forcing the issue trying to get him to retract his statements. Trust me, the people you do want to impress (the ones who are at a maturity level beyond kindergarten) will see through the entire incident and think less of the negative person not you. You did nothing wrong, and they can easily see that.

There's one more thing you should probably be ready to deal with as well. Remember the negative person's friends who jumped in to his defense? Well, once you've had your final say and so has the negative person, they may feel the need to jump in with their final parting shots as well. They may still be very caught up in believing the lies of the blamer. They may also be insecure and be feeling a sense of power from being in a gang-like situation. They may try once more to divert the attention by accusing you of some other crime or try once more to get you to lose your temper so that you look bad. They want the situation to continue, or at least they want to be seen as having won.

Luckily, this doesn't happen often but I find the best course of action is to simply ignore them. These people aren't really part of the conversation and they have nothing worthwhile to say. In some rare cases, you may find that these comments set off an even worse gang mentality and a whole bunch of people (including the original person) jumps in to start bullying you and attacking you again in any way they can. It makes them feel more powerful by putting someone else down. If this happens, the best course of action may be to go one level above them. So, discuss the issue with your manager or if it's happening online, talk to the person who's responsible for the web site. You've handled everything in a mature and professional way and the person you talk to will most likely instantly shut them down. The issue will now be resolved and you'll be so relieved that these negative people are now gone from your life.

Then just smile and remain detached from them. You now know where the negativity is coming from and that it's a reflection on them, not you. This makes it far easier to deal with these people when you realize it's just their lack of maturity that makes them act this way. You need to be the mature one and take the high road with them.

Feeling Bad Over The Experience

You may still be struggling with feelings that you've upset someone and you hate feeling like someone is mad at you. Your temptation may be to apologize to him and try to smooth everything over. I can totally understand feeling like this. I always want to be the "peace keeper" as well and I don't like there to be tension between people. But, remember, you did nothing wrong. You did not react angrily to him, you didn't accuse him of vicious lies. You simply made your point and handled the situation in as positive manner as you could. That's all you can do.

You may realize later that you could have handled the situation better, but that's knowledge you've gained for the next time. Something really important to remember is that with this particular type of negative person, **no matter how nice you were to him at the beginning, he will always attack you in response.** That's just the way blamers are. Blamers count on this so that less people will challenge them when they do wrong. But that doesn't mean that you can allow them to walk all over you. Sometimes, you have to take a little of the heat to stand up for your own rights. You should be proud of yourself.

Even if you apologized to the person, he will most likely still stay mad at you and say that you've committed a terrible crime against him. Crazy, I know, when the reality is that he was the one that stole your work. You just have to accept that these negative people exist and you can only do so much to deal with them.

If you leave it the way you have, most likely you'll find that he won't steal your work again. He may stand his ground with his bluff that he's the victim but it's pretty obvious to everyone around that it's just a cover on his part.

You can also be consoled with the knowledge that people really do learn who produces quality work and who doesn't. He might have claimed your work this one time but he definitely won't be able to reproduce something else of similar quality. Someone who steals someone's else work just isn't capable of it. That's why he stole your stuff in the first place. So, as you continue to produce high quality work, you'll always be miles ahead of the person who has to steal to make himself look better than he really is.

These people are too toxic for you to waste any more time on. Instead focus on the positive people in your life. The negative people are just temporary annoyances in your life. The positive people are the important ones, and the more you focus on that, the more you'll bring positive experiences into your life.

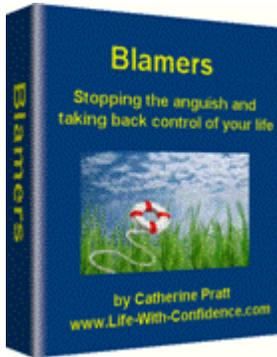
Also, remember you cannot change a blamer. He does not see any reason to change. He thinks you're the one with the problem, not him. That's another reason why it's not worth spending more time than necessary on this type of person. Of course, if the blamer is a

relative or someone you're required to spend a lot of time with, then you'll need to learn other tips and tricks to effectively deal with this personality.

Help is available which I'll talk about next.

Help Is Available

As you can see just from reading these brief case studies, blamers are extremely manipulative and incredibly hard on your self confidence and self esteem.



Blamers are also far more common than you might think. You'll come across them in the workplace, your personal relationships, and may even discover that a relative you've been having so many problems with is really a blamer.

Learning how to deal with this negative type of personality is such an important skill to develop as the impact on you can be so destructive and can last a lifetime unless dealt with properly. You need to learn how to protect yourself which you can do by reading, **“Blamers – Stopping The Anguish and Taking Back Control Of Your Life”**. It's 80 pages of in-depth information that will clearly explain how the blamer thinks and the best ways to respond.

You'll find over 50 signs or characteristics of a blamer clearly laid out so you know what to look for. This will also help you to become aware of how they may be affecting you and manipulating you without your realizing it.

I also provide detailed suggestions and examples on how to deal with blamers. The 25 tips on how to avoid confrontations with the blamer is information you won't find anywhere else.

Even more beneficial is you'll no longer think there's something wrong with you. You'll be able to see it's not you, it's the other person and the reaction he or she causes in you. It's the relationship that's wrong, not you. You can suddenly let go of all that mental and emotional turmoil you've been going through for far too long.

The other really great benefit of discovering how to spot and handle blamers is relationships that previously might have seemed hopeless can suddenly become manageable simply by understanding what's really happening behind the scenes.

In this book you'll also find details on:

1. how the blamer's mind works and the best way to deal with it (blamers have a completely different perspective on the world than the rest of us do)
2. how to avoid feeling hurt or guilty by the blamer's comments
3. how to be more tolerant of a blamer's behavior
4. how to improve your self confidence and be much more accepting of yourself
5. how to let go of your desire to change the blamer or have him finally understand you or be proud of you
6. how to be more satisfied with yourself and others by letting go of your expectations
7. how to have meaningful and satisfying long-term relationships with others

8. how to free yourself from the emotional attachment to a blamer so you can finally live your life to its full potential

Basically, you'll learn how to get along with the blamer and avoid the ugly confrontations that otherwise seem to happen way too often. You'll also be able to free yourself from the mental anguish he used to cause in you.

Take a look at the [Table of Contents](#) to see exactly what you'll find inside this valuable book.

To purchase your copy now, simply click on the following link:

<http://www.Life-With-Confidence.com/confidence-store.html>