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Dealing with Haters

Dealing with haters is a common struggle for everyone. A hater is defined as a person that dislikes a particular thing. There has been many times when I've encountered a hater. In those times, I learned that many people just wanted a reaction. My siblings use to bother me and every time I would scream at them. My mother told me "If you don't give them a reaction, they will leave you alone (Altucher, 2017)", since then I have learned haters operate the same way. In the article *The Ultimate Cheat Sheet for Dealing with Haters*, the author discusses many ways of handling haters. Though they can be annoying, sticking to the one third rule, the delete rule, and the 24 hour rule will help encounters with haters go smoothly.

While using the $\frac{1}{3}$ rule, it reminds us to live our best life and not care about what others are going to say. The article reads "every creative thing you do: 1/3 will love you, 1/3 will hate you, and 1/3 won't care (Altucher, 2017)." I agree to that being a great way of looking at it. The world consists of three types of people, full blown criticizers, the people that don't care, and others that love seeing the creativity. In other words, someone is still going to be unsatisfied.. Although they're going to be unhappy, it's not about them; self-happiness is the only thing that matters. Remember to always do what you love.

Another great method when dealing with haters is the delete rule. This rule is applicable in many different situations. Everyone gets their time in the "time out" box. From the author's

standpoint, “he does not talk to people who are bad for him.” Eventually, they can come out again if they behave. Nobody is excluded, even the author’s daughters receive the same treatment. Separating oneself from negativity is a good thing. Positive thoughts promote better days and allows clearer thoughts. This rule is also great because it keeps the door open for a relationship. The delete rule is one of many perfect ways to deal with haters. However, the 24 hour rule is sure to do the job. This rule states that if there’s no response to the initial attack, it goes away in 24 hours. If either person respond EVEN ONCE, then reset the clock. There’s nothing wrong with not responding. Some conflicts last forever because no one will let the argument die. This is another great example of time being a remedy.

In conclusion, everybody deals with haters. Sometimes they are hating because of something that was done, most of the time it is because they’re just intimidated by you. The one-third rule, delete rule, and 24 hour rule are all great ways of dealing with haters. I had three big takeaways from these rules. I learned to do what makes me happy. I’ve learned not responding to attacks and separating myself from negativity, allows healthy cool down time. Lastly, sometimes we speak out of anger; wait at least 24 hours from the initial attack. This allows adrenaline hyped anger to settle and a good resolution. Never allow a hater to get the upper hand.

Bibliography

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