

# Behaviour Toxicity in the Field Of Human Psychology and Human Behaviour

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**Abstract-** *It's not that the whole person is toxic. Rather, their behaviour is toxic or your relationship with the person is toxic it's common for people with toxic behaviour of different patterns to create drama in their lives or be surrounded by it try to manipulate or control other. If the person's toxic behaviour doesn't change, or the relationship is just too toxic for you, send them forward in life with love and compassion, and then move forward with your life.*

## I. INTRODUCTION

How to know you are surrounded by toxic people?

- You're emotionally affected by their actions.
- You dread (or fear) being around the
- You're exhausted or you feel angry while you're with them or after your interaction.
- You feel bad or ashamed about yourself
- You're stuck in a cycle of trying to rescue, fix or care for them.

Types of toxic people:



How to deal with toxic people?

- Focus on taking care of yourself.
- Set and maintain boundaries.
- Find ways to protect yourself from their unhealthy behaviours.
- Understand why they're seeing what they see in you.
- Own your strengths and your weaknesses.

## II. FINDINGS

- Toxic behaviour of people is inversely proportional to human psychology.
- Toxic behaviour of others can significantly impact a person where they will be so affected and frustrated and stressed that they will not be able to let the feeling go; hence the domino effect.
- On an individual level, our words and actions impact our relationships with other people. They have the power to lift others up or tear them down.
- Due to toxic behaviour of people around yourself can make you emotional badly affected.

## REFERENCES

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