Difficult Behavior

TOXIC BEHAVIOR

Toxic behavior makes you feel bad on a regular basis. Toxic behaviors are a sustained pattern of dehumanizing, humiliating, or harassing statements or actions that go beyond providing constructive criticism. The behaviors are forms of aggression that are harmful and damaging.

Some examples of behavior someone might find toxic:

- Yelling or becoming violent in any manner (slamming a door is violence)
- Insulting someone as a person or talking down to them. Sending the message that they are bad or worthless.
- Repeatedly telling someone what is wrong with them.
- Slandering people behind their backs; engaging in hurtful gossip.
- Excessive teasing or sarcasm.
- Destructive communication, such as giving people “the silent treatment.”
- Monopolizing conversations in a way that excludes others.
- Using social media to attack or embarrass someone.
- Taking advantage of your kindness and resources, and threatening you or trying to make you feel guilty if you don’t do what he or she wants.
- Removing or withholding resources.
- Exploiting others to get ahead.
- Taking credit for work done by others.

Is toxic behavior in your workplace or learning environment? Does it keep you from performing to the best of your ability? If toxic behavior is part of your life, please consider contacting one of these resources for a confidential consultation.

Resources

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<thead>
<tr>
<th>Office of Student &amp; Community Standards</th>
<th>Human Resources</th>
<th>Equal Opportunity</th>
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<tbody>
<tr>
<td>Cat Riley, Coordinator 245 KPlz</td>
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Source: http://wbt.umn.edu/