

How to deal with negativity at the Thanksgiving table

#garyvee #shorts

<https://silosolo.com/546896>

Summary

The video discusses the importance of responding with compassion to negativity at the Thanksgiving table, and emphasizes the need to assess if the person is in a bad place rather than engaging in conflict. It highlights that people who come with heat are usually hurt, and compassion is the key approach at Thanksgiving.

Silo sample questions

- How to deal with negativity at the Thanksgiving table?
- What should be the approach towards someone being negative at the Thanksgiving table?
- How can one handle negative behavior from family members at Thanksgiving?
- How can one respond to negative comments during Thanksgiving?
- Why is it important to respond with compassion at the Thanksgiving table?

Topics

Negativity

Thanksgiving

Compassion

Key Takeaways

- The key is to respond with compassion and assess if the person is in a bad place rather than engaging in negativity.
 - Respond with compassion and try to understand if the person is in a bad place rather than getting defensive or engaging in conflict.
 - Showing love and compassion, and assessing if the person is in a bad place rather than escalating the situation.
 - By expressing love and concern, and trying to understand if the person is in a bad place rather than reacting with anger or defensiveness.
 - Responding with compassion is important because people who come with heat are usually hurt, and it's important to assess if the person is in a bad place rather than engaging in conflict.

[Click here for the full transcript](#)

[Click here for the source](#)