



How to Deal with Impossible People

(1-Page Practical Guide)

1 🧘 **Keep Your Cool**

Stay calm and avoid reacting emotionally. Take a deep breath before responding and remind yourself that you control your own behavior, even if they don't.

2 💬 **Avoid Arguments**

Don't waste energy trying to "win." Instead, focus on keeping the conversation productive or walking away if it becomes unhelpful.

3 🎯 **Manage Expectations**

Accept that you cannot change their personality. Lowering expectations can help reduce frustration and disappointment.

4 🚧 **Set Clear Boundaries**

Politely but firmly communicate what is and isn't acceptable. Stand by your boundaries consistently.

5 🔧 **Focus on Solutions, Not Drama**

Shift conversations toward problem-solving and next steps rather than revisiting conflict.

6 ❤️ **Take Care of Yourself**

Prioritize self-care—journaling, exercise, or talking with a trusted friend or therapist—so you stay centered and resilient.

7 🚶 **Know When to Walk Away**

If the relationship is toxic or harmful, it's okay to limit contact or disengage entirely for your own well-being.