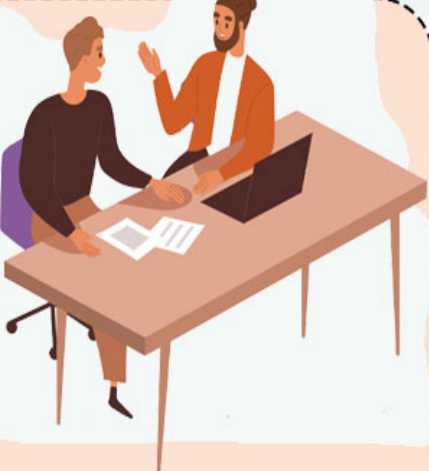
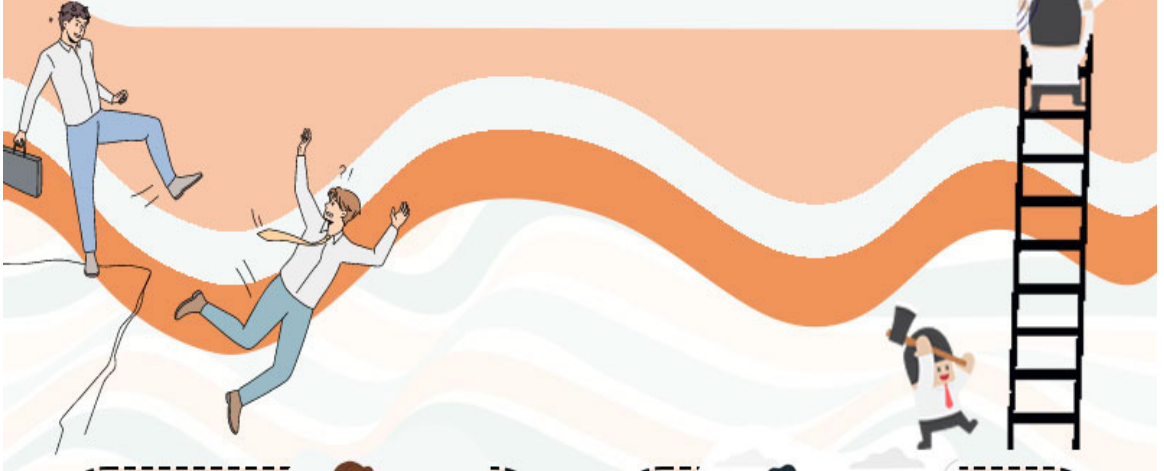


How To Handle



Envy Attacks?



Whenever they say something negative, just smile and nod to show that it doesn't affect you.



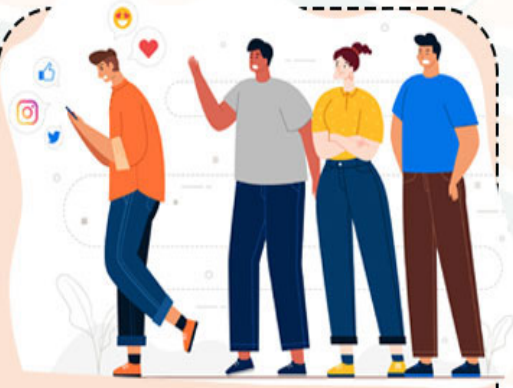
Remember that they are only jealous because you are doing something good. So keep pushing harder towards your goals.



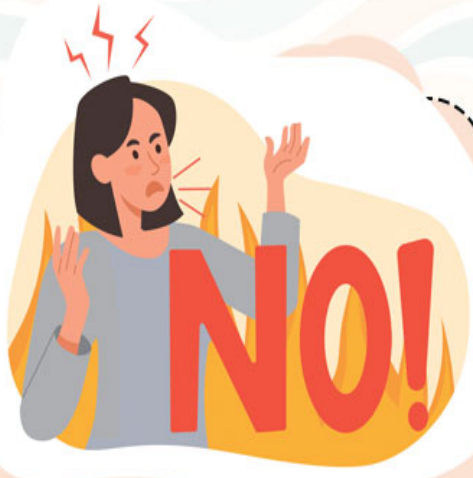
Better not to read their messages or receive their calls if you know what they might say.



Cut off such people from your life and keep the positive ones around you.



If there is no way to avoid them, minimize your interactions, and don't engage in personal talks or walk away with an excuse.



Never criticize them for their negativity, and try to maintain your standards and dignity.