

WHY PEOPLE HATE!

In a world full of cruelty and hatred, be loving and kind so that you may transform the perception of life...Debasish Mridha

WHAT TO KNOW!

- ❖ Hate is active, energized, ongoing hostility toward others
- ❖ Hate involves a judgment that certain people are bad or evil
- ❖ People tend to hate others when they feel powerless, have envy for what others have, have contempt for them, or have learned to hate from others
- ❖ Hate can also come from a feeling or perception that one has been hurt or mistreated by a specific person or group
- ❖ Revenge often accompanies hate as people want to hurt just as much those people who they believe hurt them
- ❖ Hatred not only depends on negative views of others but also one's personal history of abuse, trauma, teachings, group affiliation, and what they are taught about others
- ❖ People who hate are often underachievers in life and blame others for their shortcomings
- ❖ Hate is different from anger; hate is directed at **who and what the person is** and anger is a feeling about **what a person does**
- ❖ Hate spreads very easily via the news media, social media, polarizing figures and group affiliations, family prejudices, clubs, and other organizations
- ❖ Hating a group is easier than hating a single person because of already existing stereotypes or prejudices against the group
- ❖ Joining a hate group allows people to have an identity and to avoid dealing with their own personal issues by blaming others
- ❖ The key to overcoming hatred is **education**, **forgiveness** of those who have harmed you, and **better understanding** of why people hate

WHAT TO DO TO STOP HATING!

- ❖ Understand that only you can stop your hating by making a commitment to stop
- ❖ Be aware of your own spiteful thoughts and consider that they may actually be hateful
- ❖ Change your thinking to assume the best about people and not the worst
- ❖ Replace negative comments about others with positive ones and observe the reactions
- ❖ Reeducate yourself about others to see who they truly are not what you were taught
- ❖ Volunteer to help the less fortunate
- ❖ Practice compassion and forgiveness rather than anger and contempt
- ❖ Understand that others see things much differently than you do
- ❖ Stop gossiping, badmouthing, and telling others that you hate some people
- ❖ Practice meditation, relaxation, and spiritual activities
- ❖ Seek professional help if you are unable to stop hating others or yourself

WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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