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Have you ever asked yourself, “Why do I feel like everyone hates me?” This unsettling thought is more common than you might think and can be incredibly distressing. Whether it’s in social settings, at work, or even among close friends and family, the feeling that everyone dislikes you can severely impact your mental health and overall quality of life. In this blog, we will delve into the psychology behind these feelings, explore the reasons why they arise, and provide actionable strategies to cope with them. This thought often emerges from a deep-seated emotional experience. This feeling can manifest in various situations—whether it’s during a social gathering, at work, or even within your family circle. You might start to think that others are talking behind your back, judging you harshly, or intentionally excluding you. This perception can be so strong that it becomes a self-fulfilling prophecy. You might withdraw, behave defensively, or misinterpret neutral interactions as negative, further reinforcing the belief that everyone dislikes you. A key factor contributing to the feeling that “everyone hates me” is low self-esteem. When you have a poor self-image, it’s easy to project those feelings onto others. You might assume that they see you in the same negative light that you see yourself. Cognitive distortions—irrational thought patterns like mind reading, where you assume you know what others are thinking, or overgeneralization, where you believe that one negative interaction means everyone dislikes you—can further exacerbate these feelings. These distortions are common in people with low self-esteem and can significantly distort your perception of reality. Anxiety and stress are also significant contributors to the feeling that everyone hates you. Social anxiety, in particular, can make you hyper-aware of how others perceive you, often leading you to assume the worst. Chronic stress can heighten your sensitivity to negative interactions, making you more likely to interpret them as a sign that people dislike you. Anxiety therapy can be an effective tool to help manage these feelings. Techniques such as Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) are commonly used to address anxiety and its associated thought patterns. Cognitive Behavioral Therapy (CBT) is one of the most effective treatments for addressing this thought. CBT focuses on identifying and challenging negative thought patterns that lead to this belief. For example, if you often think, “Why do I feel like everyone secretly hates me?” CBT helps you analyze these thoughts, recognize that they may not be based on reality, and replace them with more rational, balanced thoughts. A case study might involve a person who consistently feels disliked by colleagues at work. Through CBT, they learn to challenge these thoughts and realize that these feelings stem more from their insecurities than from actual evidence. From a Psychodynamic Theory perspective, unresolved past issues often play a significant role in why you might feel that everyone hates you. Early childhood experiences, particularly those involving attachment and relationships with caregivers, can shape how you perceive others in adulthood. If you had a difficult relationship with your parents or experienced trauma in your early years, you might carry those feelings into your adult relationships. These unresolved issues can manifest as the belief that others hate you, even when there’s no concrete evidence to support it. Acceptance and Commitment Therapy (ACT) offers a different approach to dealing with feelings of being disliked. Rather than challenging or changing these thoughts, ACT encourages you to accept them without judgment. The goal is to reduce the power these thoughts have over you by learning to live with them while still committing to actions that align with your values. For example, if you often think, “Why do I feel like everyone around me hates me,” ACT would suggest that you acknowledge this feeling, accept it as part of your experience, and continue engaging in social activities that are important to you. Rational Emotive Behavioral Therapy (REBT) is another approach that can help you manage feelings of being disliked. REBT focuses on identifying and challenging irrational beliefs that lead to negative emotions. For instance, the belief that “everyone must like me, or I am worthless” is irrational and can lead to significant distress. Through REBT, you learn to dispute these irrational beliefs and replace them with more rational ones, such as “Not everyone has to like me, and that’s okay.” This shift in thinking can significantly reduce feelings of being disliked. Persistently feeling like everyone hates you can have severe consequences on your mental health. One of the most common outcomes is depression. The belief that others dislike you can lead to feelings of worthlessness, hopelessness, and isolation—key symptoms of depression. If left untreated, this can result in a downward spiral where your mental health continues to deteriorate. Anxiety is another significant issue that arises from these feelings. Social anxiety, in particular, can become more pronounced, leading to avoidance of social situations, which only reinforces the belief that others dislike you. Engaging in anxiety therapy or seeing a therapist for depression can be crucial steps in addressing these mental health concerns. The belief that everyone hates you can also take a toll on your relationships. In personal relationships, this feeling can lead to trust issues, jealousy, and constant reassurance-seeking, which can strain the relationship and push people away. In professional settings, such as at work, the belief that “everyone at work hates me” can make it difficult to collaborate with colleagues, take constructive criticism, or feel confident in your role. This can hinder your career growth and create a toxic work environment. Feeling like everyone hates you can also affect your daily life in various ways. You might start to avoid social situations, withdraw from friends and family, or even develop unhealthy coping mechanisms, such as substance abuse or addiction, to numb the pain of feeling disliked. These behaviors only serve to isolate you further and reinforce the negative belief that you are unlikable. Workplace dynamics can be challenging, and it’s not uncommon to feel like “everyone at work hates me” at some point. This feeling can stem from a variety of sources, such as misunderstandings, workplace competition, or feeling undervalued in your role. To cope with these feelings, it’s essential to focus on improving communication with your colleagues, seeking feedback to understand their perspectives, and building professional confidence. If the feeling persists, relationship therapy can be a helpful resource to improve your interactions at work. Social anxiety can make you feel like “everyone around me hates me” in social situations. This feeling often arises from a fear of judgment or rejection, leading you to believe that others are constantly evaluating you negatively. To combat this, building social confidence through small, manageable social interactions can be helpful. Practicing mindfulness and focusing on the present moment can also reduce anxiety and help you enjoy social situations without worrying about others’ perceptions. The belief that “everyone secretly hates me” can be linked to paranoia and trust issues. This feeling often stems from a fear of betrayal or a lack of trust in others’ intentions. Developing trust in relationships is key to overcoming this belief. This can involve gradually opening up to others, setting healthy boundaries, and learning to interpret others’ actions more realistically. Dialectical Behavioral Therapy (DBT), which focuses on building emotional regulation and interpersonal effectiveness, can be particularly beneficial in addressing these issues. If you frequently ask yourself, “Why do I feel like everyone hates me,” it might be time to seek professional help. Various therapies can help address these feelings, including: Cognitive Behavioral Therapy (CBT): This therapy helps identify and challenge negative thought patterns. Acceptance and Commitment Therapy (ACT): ACT teaches you to accept your feelings without letting them control your actions. Rational Emotive Behavioral Therapy (REBT): REBT focuses on disputing irrational beliefs and replacing them with rational ones. Psychodynamic Theory: This therapy explores past experiences and unresolved issues that might contribute to current feelings of being disliked. When choosing a therapist, consider your specific needs. For example, if you struggle with anxiety, anxiety therapy might be the best fit. If your feelings are tied to unresolved trauma, a therapist specializing in trauma could be more appropriate. Uncover Mental Health Counseling offers a range of services, including therapists for depression, relationship therapy, and anger management, to help you begin to challenge and change these thoughts. If you’ve ever asked yourself, “Why do I feel like everyone hates me,” take the first step toward healing by reaching out to Uncover Mental Health Counseling. Our NYC therapy team is here to support you in overcoming these feelings and improving your mental health. Book an appointment today and start your journey to a happier, healthier you. When you’re struggling with your mental health, it can be so easy to mistakenly believe the people in your life hate you. For example, it’s hard to remember when that person you haven’t spoken to in a few days doesn’t reply to your texts, they aren’t ignoring you out of spite — they’re probably incredibly busy.If you can relate to this struggle, you’re not alone. Thinking the people around you secretly hate you or don’t want to be around you is a common experience for those dealing with mental illness.When your brain is being cruel to you, it doesn’t just affect you, it can often extend to how you interact with others. We wanted to know how feeling like everyone hates you can affect people’s actions, so we turned to our community to share their experiences.Here are some things they said people don’t realize they do because they think everyone hates them:1. Keeping track of who contacts who most often “I keep track of how often we initiate contact with each other, and if I notice I’ve been doing it more often lately, I stop contacting them. If they contact me, that probably means they don’t hate me.” — Sascha W.2. Keeping to yourself “Keeping to myself or being quiet. I get really anxious around groups of people. Most people think you’re being rude, but it’s because my anxiety convinces me that everyone hates me or will hate me or think something negative about me.” — Natalie V.3. Asking for Mental Health Counseling help “I’m constantly asking for meaningful ways. But even when you know this on some level, worries can still outweigh logic, especially when you feel lonelier than usual or need a little social support for other reasons.This feeling usually passes before long, but it can still overwhelm you and cause real distress. It can be important to remember that if someone dislikes you, it is not a reflection of your worth. As the saying goes, stop trying to get everyone to like you because you don’t even like everyone.That said, it can still be a difficult feeling to navigate. Here are a few tips to help you deal.In basic terms, this connection means you might experience emotional symptoms, including anxious or fearful thoughts, when your physical needs go unmet.You wake up feeling awful. Your partner didn’t reply to your texts the night before, and the upstairs neighbors played music late into the night. You couldn’t sleep, so you spent most of the night worrying. You skip breakfast, not having much appetite, and drink a lot of coffee to combat your exhaustion. By late morning, you feel jumpy and irritable. You texted your best friend for advice but still haven’t heard back. You text a few more people, wanting to talk with someone. When the afternoon rolls around, your silent phone feels like an accusation. You’re convinced no one’s replying because they all hate you.If your partner and best friend usually get back to you right away, it’s understandable to feel somewhat concerned. But when you’re fed, rested, and feel otherwise well physically, you’ll likely find it easier to accept the situation and wait patiently without reading too much into their actions.Cognitive distortions refer to irrational patterns of thinking that affect your perception of reality. Many people experience them occasionally.The feeling that everyone hates you can happen as a result of a few different distortions:Catastrophizing: You don’t hear back from anyone for a day or two, so you start to imagine no one cares. This is one example of catastrophizing.Personalization: When people seem distant or short with you or leave you out, you take it personally. You worry they hate you, but really, they just have other things on their mind or made an honest mistake.Mind-reading: You assume other people hate you or harbor other negative thoughts, even though they’ve never said anything to indicate as much.All-or-nothing thinking: Extreme thinking can mean you assume the people in your life either love you or hate you. If they seem even mildly annoyed, with or without a reason, you take this to mean they hate you and want nothing to do with you. The first step in challenging these distortions involves identifying them.Once you know what you’re dealing with, try reframing the situation. Identify a few alternate explanations for the concerning behavior. Try to give people the benefit of the doubt instead of making assumptions. Your partner may not have returned your texts because they felt sick and went to bed early, for example.Looking for evidence: Challenge yourself to come up with three pieces of evidence supporting the conclusion that everyone hates you. Then, find three pieces of evidence to refute this. Which list makes more sense?A good distraction can help occupy your mind and redirect your focus from unwanted thoughts.What’s more, distractions that involve spending time with others can open the doors to new interactions and social connections. This can make it easier to shake the feeling that everyone hates you.Hobbies like reading, gardening, and video games can distract you while improving your mood and relieving negative feelings, so make sure to create time for yourself in your daily life.People sometimes confuse healthy anger and frustration with hatred.Conflict comes up in healthy relationships, too, and it’s important to handle things sooner rather than later. Remaining “in a fight” can contribute to emotional tension and distress for everyone involved. It’s also worth noting that the longer a conflict continues, the more likely other people will get drawn in.You and your partner consistently disagree on where you should settle down. They want to return to their hometown, while you want to explore a new big city. They enlist family and friends to help “convince” you that moving back to their hometown is the right move.Taking sides generally isn’t productive, but it sometimes happens. It can make you feel as if everyone’s against you.To resolve this situation, all parties directly involved should have a chance to express their feelings. Then, work together to find a solution that works for everyone.If you feel as if others have singled you out unfairly, bring this up. It may not be your fault, but you may have been intentional. Letting people know how they made you feel can reduce the chances of it happening again.Negative self-talk and feelings of self-loathing often contribute to the belief that everyone else hates you too.Do you often talk down to yourself? Maybe you feel like you can’t do anything right and wish you were a better (or different) person. When you can’t let go of these feelings, they may begin to color your perception of how other people view you. If you don’t like yourself, you might wonder how could anyone else?While worrying everyone hates you doesn’t always suggest an underlying mental health concern, sometimes it does relate to a deeper issue such as anxiety disorder. Many people who experience paranoia, for example, believe others hate them and have a plan to hurt them or ruin their lives. Paranoia can happen on its own, but it can also happen as a symptom of mental health conditions, including:Social anxiety also involves extreme sensitivity to the reactions of others. A casual glance might seem like a glare, an honest evaluation like negative criticism. If you see a group of people laughing, you might feel certain they’re laughing at you. And if no one seems interested in talking to you? Well, you might conclude they all hate you.If you can’t seem to fight the thought that everyone hates you, consider reaching out to a mental health professional. A therapist can offer unbiased, compassionate guidance and help you explore these feelings. If you’ve noticed other mental health symptoms, in person and online therapy offers a safe space to identify what’s happening and begin working toward improvement.It’s wise to seek professional help when your feelings:spill over into your relationshipsaffect performance at school or worklast for more than a few days or keep coming backprevent you from enjoying lifeYou might know, deep down, that everyone doesn’t really hate you. But knowing this doesn’t mean you automatically accept it, so you might still wonder, “But what if they do?”If you feel neglected or ignored, it never hurts to start a conversation and share your feelings. More often than not, you’ll find the people in your life care about you just as much as they ever did.Crystal Raypole has previously worked as a writer and editor for GoodTherapy. Her fields of interest include Asian languages and literature, Japanese translation, cooking, natural history, and mental health. In particular, she’s committed to helping decrease stigma around mental health issues. She may have had the thought, “I feel like everyone hates me,” at some point. Here’s what it could be stemming from and what you can do.Share on PinterestThe Good Brigade/Getty Imagesget help to learn why this unhelpful feeling occurs and how you can change your mindset and stop thinking all the people in your life share the same sentiment toward you. The first sign that this may just be a perception is the superlative word in the middle: everyone.Sure, you can be disliked by some, but all isn’t reasonable. Dr. Sanam Hafeez, a neuropsychologist and director of Comprehend the Mind in New York City, says that thoughts such as these may form as a way of coping with adverse life events. “More often than not, you worries can outweigh logic, and it can overwhelm you and cause genuine distress,” she explains. Hafeez adds that “stress could cause people to adapt their thinking in ways that are useful for what they believe to be their immediate survival — but this way of thinking isn’t rational or healthy.” Thoughts can give rise to negative feelings if dwelled upon. There’s no clinical definition for thinking that everyone hates you, but there may be a few psychological explanations for why you feel this way.Paranoia. This is an accumulation of thoughts and beliefs that everyone is against you. Paranoia can be a disorder in itself, but it’s also a symptom of other mood or personality disorders.Cognitive distortions. These are thought patterns not necessarily rooted in reality, such as all-or-nothing thinking, negative projections, and overgeneralizing, to name a few. A 2015 review of research describes a cognitive distortion as “a lie our brain sends to our conscious mind.”Loneliness. Hafeez says that feelings of loneliness are often associated with feeling like everyone hates you. Maybe you haven’t had as many social interactions as you’d like, and you begin to convince yourself that your friends are upset with you. Insecurity. In some cases, believing that everyone hates you could also be tied to characteristics of insecurity such as low self-esteem or self-worth.Bullying. Thanks to social phenomena like the bystander effect and herd mentality, both cyber and in-person bullying can be a common experience for many people. If you’ve been bullied, you may have had the thought, “I feel like everyone hates me,” at some point. Research suggests that these individuals may need more positive reassurance than others. If you tend to be highly sensitive or insecure, it’s possible minor incidents such as missed phone calls or lack of interaction can cause your thinking to spiral into negative thoughts.” Hafeez says.Persistent thoughts that “everyone hates me” may be associated with mental disorders that include paranoia, delusions, helplessness, or ruminations as a symptom. Some of which are: If you’re wondering what you should do when you think everyone hates you, there are a few ways to reset. And it starts with understanding the difference between what’s concrete versus cognitive distortion. Hafeez recommends taking a step back to analyze what you’re feeling first. You can try the following 3-step check-in to help assess your feelings.Find out what’s triggering your feelings. What thoughts are behind feelings of anxiety or what’s worsening your mood? Reframe the situation. Are there alternative explanations, evidence, or more positive interpretations of what you’re thinking?Check in with your physical self. Are you eating nutritious foods, staying hydrated, getting enough sleep, and taking time to relax?According to Hafeez, if folks are genuinely disliked, it can be helpful to take a careful and honest look at any truths that may be associated with a situation — which is not always the easiest thing to do. It may be helpful to take “everyone” out of the equation and focus on one person at a time. “Think about what this person meant, what their intentions were, and if they realize the impact of their words and actions,” she says. “If their dislike is genuine, then determine whether they’re attacking you personally or your ideas — this way, you can assess whether it was a personal attack or a passing disagreement you can live with.” Ask yourself whether you need to forgive someone for not appreciating what you have to offer. Is it worth your energy to worry about whether someone likes you or not? Maybe you lean into accepting yourself. “Try your best to rise above it, rather than dwell on why they feel this way about you.” Hafeez says. Think that everyone hates you? There are a few different psychological reasons that you may feel this way. 1. Cognitive Distortions A cognitive distortion is a habitual way of thinking that is often inaccurate and negatively biased. Some examples include feeling like everyone hates you (obviously), that anything you try is doomed to failure, or that life will never get better no matter what you do. These kinds of beliefs aren’t rooted in reality. Now, to be clear, life can be hard. Life can be absolutely merciless when you around and stomps on you when you’re down. But to think that all of life will be that way or that you’re doomed to only suffer isn’t accurate. 2. Catastrophizing Catastrophizing is a cognitive distortion where the person’s mind immediately jumps to the most negative, worst-case scenario there can possibly be. “Oh, I had an argument with my boyfriend; he probably hates me now.” This kind of thinking isn’t reasonable and may be driven by trauma, low self-esteem, surviving abuse, and a host of other mental health issues. 3. All-or-nothing Thinking All-or-nothing thinking is another cognitive distortion that causes one to view circumstances in extremes. For example, Sadie may not like Hunter. Hunter interprets that dislike to mean that Sadie hates him and wishes him harm. But that isn’t really what dislike is about. Dislike is far milder than hatred. She may not wish him harm or hate him at all. She just doesn’t like him, which is fair and reasonable. Sadie is entitled to her own opinion. Another example is viewing every friend as a best friend. However, that bipolar may not view you as a best friend. Maybe they view you as a more casual friend, and the two of you have misaligned expectations of the relationship. 4. Mental Illness A variety of mental illnesses can create and amplify negative thoughts. For example, paranoia may be a symptom of mental illnesses like anxiety disorder, panic disorder, bipolar disorder, schizophrenia, personality disorder, etc. It’s not unusual for people with a mental illness to sometimes experience negative and persistent thoughts that others might hate them. In addition, mental illness often creates and facilitates accents of stark, black-and-white emotions. 5. Insecurity Low self-worth and self-esteem can cause people to believe that they just aren’t good enough to be valued or wanted. That can translate into believing that the people who care about you actually hate you. In that case, it’s not about how other people can care more about how you might be feeling about yourself. These accusations can come from surviving child abuse, domestic abuse, PTSD, personality disorders, and other problems. Insecurity may also stem from a shaken belief in yourself. Maybe you’ve been going through a hard time in your life and you’re not feeling good about yourself. For example, a career-driven person may feel worthless if they lose their job because they equate their value with their job, which is bad. 6. Loneliness Loneliness is a troubling epidemic that’s been trending up in recent years. The internet has brought the world together but also isolated us in the process. Many people struggle with social interactions, social anxiety, and difficulty making friends offline. Online friends can be quite valuable. Those kinds of friendships can be incredibly deep and fulfilling. But they don’t fulfill the same needs that offline relationships do. People take different cues from face-to-face conversations and relationships that simply don’t exist in online relationships. It’s easy to feel like everyone hates you if you’re lonely and don’t really have anyone. But maybe you have people in your offline life who love and care for you. Maybe you haven’t been able to spend any quality time with them. It may not be that they hate you. They may just be busy with the hustle and bustle of life. 7. Bullying Bullying, either online or offline, is a vile practice that can cause the person who is being bullied to feel ostracized and hated. Frankly, the bully may not actually hate the person they are bullying. They may be angry at themselves and taking it out on the world around them. They may even be abused or bullied, so they’re taking out their anger on other people. It’s not right, but it happens. And you may even have run into someone who is just an a*hole that wants to make other people miserable because it brings them joy or fulfillment. None of these reasons are about you and aren’t legitimate. You can dislike or even hate someone without victimizing them. Instead, they could just choose to mind their own business and live their life. Of course, that doesn’t solve the problem, but it’s something to keep in mind. 8. High Sensitivity A highly sensitive person is hypersensitive to the fluctuations of social relationships. These individuals tend to feel their emotions more strongly, for better or worse. They may interpret ambiguous or negative feedback in a far more powerful way than someone who is not highly sensitive. Instead of taking that kind of feedback neutrally, they take it personally, whether it’s valid or not. Sometimes it is. No one’s perfect. Accepting feedback and looking at it critically is important for self-improvement and nurturing healthy relationships. Not every piece of ambiguous or negative feedback is valid. 9. Stereotyping We live in a politically divisive time, and we also live in a time where we are bombarded with news about the worst of humanity on a 24/7 basis. You may feel isolated alone because of what’s going on in the world today. If you’re a Person of Color or someone who isn’t an upper-class straight, white male, it would be reasonable to feel like society is failing you with all of the political and social problems that are going on. It would be easy to conclude that many people hate you or want to see harm done to you. Most don’t. But there is an obnoxiously vocal minority who get a lot of attention and can taint your view of the wider population. What can you do if you feel like everyone hates you? There is a simple tactic that you can use to tear apart your feelings and look for the truth hidden therein. The goal is to get to the belief that everyone hates you and see what is actually driving it. Once you identify why you feel that way, you can do something about it. So, what can you do? 1. Analyze your mental and physical health. There may be mental or physical issues driving your strong emotional reactions. On the mental side, if you are aware of any mental health issues, take some time to consider if they are flaring up. For example, perhaps you’ve been under a lot of stress lately, making you more sensitive than normal. If you have a mental illness, you may be experiencing some unwillingness that is causing you to interpret the world incorrectly. On the physical side, many physical aspects of health can affect your perceptions and emotions. Lack of quality sleep is probably the most dramatic. Your brain creates mood-balancing chemicals in the deepest stages of sleep. If you’re not sleeping deeply, then your brain doesn’t have a chance to replenish those chemicals for the coming day. That can make you more emotionally volatile. In addition, stress may play a role. You might be getting physically sick and not have the same kind of emotional resilience you typically have. You may also be going too hard on caffeine and energy drinks, which can fuel anxiety and emotional volatility. Eating too much junk food can also cause nutrient deficiencies, fuel depression, and anxiety. Look for anything out of the ordinary that may be disrupting your emotional state. For example, consider the thoughts driving your feelings. 2. Reframe your thoughts and beliefs. Reframing is a powerful tool taught in Cognitive Behavioral Therapy to better balance out your thoughts and feelings. Maybe you are immediately jumping to a negative cognitive distortion. In that case, you want to interrupt that process and consider alternative explanations. For example, if you say Susie feels like everyone hates her because she hasn’t had any quality social time with her friends and family. She feels like they are actively avoiding her. But sometimes relationships just hit a lull where people don’t talk to each other because life is busy and sleep is wonderful. It may have nothing to do with Susie at all. Instead of thinking, “everyone hates me,” Susie can instead tell herself, “oh, they’ve just been busy with life.” By doing that, she can avoid feeding her negative emotions. 3. Avoid ruminating. The more you dwell on a negative thought or emotion, the more powerful it becomes. It’s like throwing more wood on the fire. Each negative thought you put into it will result in more negative energy. So you need to avoid ruminating, that is, excessively dwelling on the negative thought. How do you do that? Well, distraction mostly. Distract yourself until the intrusive or demanding thoughts recede. Exercise is a good option. A mentally-involved hobby can help pull your mind off of those thoughts. You can do puzzles from a puzzle book, watch some comedy or something light-hearted, or play a video game that requires mental energy. You don’t want to do activities that require no mental engagement. If it doesn’t have mental engagement, you’ll leave room for those intrusive thoughts to blast their way back in. So even though it’s recommended for damned near everything, meditation may not be the best choice when you’re trying to work through these negative thoughts. 4. Look for real concerns that might exist. Every healthy relationship is going to have some conflict in it. Conflict doesn’t have to mean yelling or screaming either. It can be something as simple and quiet as a minor disagreement. Conflict happens in healthy relationships because all parties should have their own boundaries. If everyone doesn’t have boundaries, then unhealthy dynamics can form. For example, if you have one person with boundaries and one without, the person without boundaries may find that their needs aren’t being fulfilled. It may not be abuse or anything that severe. It can be as simple as never going to a restaurant the person likes or only doing activities the person with boundaries wants to do. And that’s because the person without boundaries doesn’t ever say, “I don’t want to do that.” No conflict can be a warning sign that the relationship may not be as healthy as possible. Granted, some people just get along seamlessly and don’t even view minor disagreements as conflict. When a person says, “I never fight with my partner,” that may be entirely true because their perception of a fight may not be the same as yours. They may view fighting as screaming, throwing things, or worse. Their conflict isn’t that severe, so they don’t see it as fighting. It’s important to not take relationship conflict personally. Instead, what you want to do is examine the other person’s problem. Is there any merit to their argument? Are there any needs or expectations that you are not fulfilling? Are there any responsibilities that you’re neglecting? If there are, that problem may be resolved by just doing whatever the other person is looking for from you. But, of course, you need to ensure that your treatment is fair. You don’t want to be in a one-sided friendship or relationship. The other person should be contributing to the relationship, as well. You want to examine what they bring into the relationship too. For example, Beth and Steve are good friends. Beth constantly talks to Steve about all of the negative and difficult things going on in her life, but when Steve has a problem, Beth brushes him off. She may not answer his calls, bother to listen, or give evasive answers as though she isn’t paying attention. That’s a problem because it’s a one-sided relationship. And if Steve struggles with the idea that everyone else hates him, he may think that he’s not being a good enough friend to Beth when really it’s Beth who is the problem. She’s not fulfilling her end of the friendship. But what if you really do dislike me? Look, people aren’t always fair. As the saying goes, “You can’t be the juiciest peach on the tree, but some people just don’t like peaches.” It is liberating to understand and realize that you don’t have to be liked by everyone. That isn’t your problem. That’s their problem. Granted, it may be a problem if that person has some kind of control over your life. For example, suppose it’s your boss or a family member that has control over you at the moment. In that case, that’s a problem that can really only be remedied by changing your situation when you can. It’s certainly easier said than done, but it can be done. But a little self-reflection may be in order if you find that people dislike you. There’s a simple way you can do that. 1. Break it down to the individual. Instead of thinking “people dislike me,” focus on the individual. For example, Jack may feel like everyone hates him because Mary has a problem with him. In that scenario, it isn’t so much that people dislike or hate Jack. Mary just has some issue with him. 2. What is the issue? Can Jack identify what the issue is with Mary? The easiest way to get to this answer is for Jack to just ask Mary if he did anything to upset or offend her. He can say something like, “I feel like we aren’t getting along. Did I do anything to hurt or offend you? Because if I can make it right, I will.” 3. Can you fix the issue? Mary may have a legitimate grievance that Jack can address, apologize for, and make right. Or maybe Mary is a jerk who is hostile to other people. If she just doesn’t like Jack, there isn’t much that Jack can do about that. Mary has the right to feel however she does. In that case, Jack may simply move on with his life and disregard it. It may feel uncomfortable to know that someone dislikes you, but hey, that’s just how it goes sometimes. If you find yourself unable to accept that, try reframing the discomfort or anger into sympathy. What problems must Mary have experienced to make her feel that way? How unfortunate it is for her to be burdened by bitterness, spite, or anger. It’s not a good way to live. And while you wouldn’t tell her that to her face because that’s likely to start an argument, it is something you can use to calm things down in your own mind. 4. Is it about you as a person? It may be that Mary does have a problem with you, but Jack as a person has nothing to do with it. She just dislikes the same face of the way Jack looks. Try to love the person behind the person who dislikes. It is just the person you as a person? It is liberating to understand and realize that you disagree on things without hating each other. In fact, you should expect that if you are conducting your life with boundaries. Boundaries will occasionally clash, and you will need to find a resolution with the person. And if the person does genuinely hate or dislike you, that’s not your problem. You don’t have to care what other people think of you. Instead, focus on adding people that bring brightness and positivity to your life. Don’t hesitate to get professional help. Self-help is all well and good. Sometimes you can address the feeling that everyone hates you by working through your cognitive biases or addressing problems in your life. But sometimes, the issue is bigger than self-help. If you find that these feelings are persistent or negatively affecting your ability to conduct your life, it would be best for you to get help from a certified therapist. It may be that you’re having a mental health issue beyond the scope of self-help. That’s okay if it happens to be the case. There are still solutions out there for you. It may just take some time and work to get to them. BetterHelp.com is a website where you can speak to a therapist wherever you are in the world and get the help you need to overcome this belief. You may also like: