

## SUFFERING FROM CYNICISM?

Cynicism is the sickness of my culture, we undress each other with an evil eye  
Concentric circles we look like vultures, when we feast on the failures of the lives, we criticize  
Don't stand alone and cast your stones at her, unless you think you're innocent yourself...

Josh Garrels

### WHAT TO KNOW!

- Cynicism has been defined as a disposition to **disbelieve** in the sincerity or goodness of human motives and actions
- Cynical behavior is an indirect way of expressing anger and can lead to people becoming embittered
- The primary language of cynics is sarcasm
- People often resort to being cynical as a way to defend themselves from being hurt
- Cynical people often have self-righteous attitudes and expect that people **should** behave in certain ways
- Cynical people characteristically:
  - are downers; they discredit, disbelieve, and doubt others
  - disparage the motives of others
  - show contempt for accepted standards of morality
  - are distrustful of everything
  - are intolerant and pessimistic
  - often have no friends and a poor social life
  - find fault in almost everything
  - are unhappy wherever they go
- Cynics tend to associate with other cynical people who reinforce their whining, complaining, and resenting of others
- Cynical people are actually irritating; while they may seem funny, they just rub you the wrong way

### WHAT TO DO!

- Recognize and accept that you are cynical and want to change
- Become aware of as many cynical thoughts you have as possible
- Change your thoughts by disputing your irrational beliefs about others; use logic
- Decide to think and see the good and positive qualities in as much as you can
- Stop yourself from being sarcastic and tearing down others
- Push yourself to socialize with positive and optimistic people
- Shut down the news which is constantly filled with negativity
- Try to develop a compassionate attitude by having an understanding of others and that everyone struggles with some issue
- Recognize that when others hurt you, it may not be intentional but that they are probably acting from their own hurt
- Seek professional help to learn to express your anger appropriately and better defend yourself emotionally

### WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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