# **Client Proof**

I did work for this dating coach in Pittsburgh on the 25th of February this year and he wanted me to rewrite this section from his book he was writing that he was going to use somewhere online from my understanding. I've met this guy on a Discord server for copywriters. I've also included his testimonial.

Here is the Instagram address of my client

https://www.instagram.com/johnnyosman3/

#### This is what he sent me:

-Friends &/or Family are very negative... (If friends constantly cut you down verbally, get rid of them immediately, stop talking to them. or limit your time with them.)

Way easier said than done, but the long term gratification is way better than losing a few friends who weren't really bringing you up in the first place.

If they are negative family members, spend the minimum amount of time with them as possible and if they enjoy a certain activity try to only be around them when you both can participate in this activity.

### This is what I sent him back:

## **Addressing Negative Social Circles**

Encountering negativity from friends or family can be disheartening and damaging to your mindset. However, you always want to be the better person. While drastic measures may be tempting or even necessary, consider these alternatives first:

### For friends:

- Communicate: Express your desire for support and set boundaries if necessary.
- Minimize exposure: Limit interactions when negativity is likely to arise.

## For family:

- >Prioritize Positivity: Engage in activities where negativity is less likely.
- >Redirect the conversation: Politely steer discussions towards more positive topics.

## Remember:

- >Removing negative influences from your life is crucial, but it's important to be strategic and consider the specific circumstances within each relationship.
- >Focus on fostering positive connections with individuals who are genuinely supportive of your endeavors, including your personal life.
- ❖ >Prioritize building a supportive network that encourages your personal goals.