

Stop cheering me up: Some people don't want to hear it

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TODAY:

So, your friend is wailing about the miseries of her bush league job, failed romance, clunker of a car, and all-around lousy life. Instead of trying to cheer her up by saying something positive like “things will get better,” you might be better off agreeing that right now her life does indeed stink.

Surprisingly, being a Debbie Downer might save you some angst, too, according to new research published in the July issue of the Journal of Personality and Social Psychology.

Read the whole story: [*TODAY*](#)