Those you choose to surround yourself with, will play a huge part in the quality of your life, or lack of quality in your life.

选择与什么样的朋友相伴，将直接决定你的生命质量。

If you hang around with only angry and negative people… your life will be full of anger and negativity. If you surround yourself with kind, compassionate and positive people, your life will have more kindness, and positive energy.

如果你只和易怒、消极的人在一起，你的生活将充满愤怒和消极。如果你身边有善良、有同情心和积极的人，你的生活中将有更多的善良和正能量。

Who you surround yourself with is crucial, and sometimes it is important you reflect on those you are spending the most time with and asking yourself, do I really want these people in my life?

你身边的人是至关重要的，有时候，你必须要反省，那些在你身边时间最长的朋友，问问自己，你真的想要这些人在自己的生命里吗？

If you have any of these people in your life, it might be time to rethink how much time you spend with them, if any at all. It might not be easy to limit or end all interaction with these people, if they are friends, or family… but if they are not making your life, or theirs better by you spending time together, maybe it’s time for both of you to move on.

如果你的生活中有下面这样的人，也许是时候重新考虑，你到底应该花多少时间在他们身上。如果他们是你的朋友或家人，减少或者断绝与他们相处的时间可能并不容易…但是如果你们双方在一起相处，生活都没有变得更好，那或许是时候向前迈进一步了。

Number 1: Dishonest People

Number 2: Controlling People

Number 3: Angry, Bitter and Negative People (Victim Mentality)

Number 4: Takers (Never Givers)

Number 5: Those Who Have No Desire To Grow

第一：不诚实的人

第二：控制狂

第三：愤怒、痛苦和消极的人（受害者心态）

1.**surround yourself with sb.**

 让自己与…为伍；

2.**play a huge part in**

起很大作用；

3.**hang around with sb.**

和某人厮混；

4.**compassionate**[kəm'pæʃ(ə)nət]

  慈悲的；富于同情心的；

5.**reflect on**

仔细考虑，思考；反省；

6.**rethink**

重新考虑；再想；

7.**if any at all**

如果有的话；

8.**interaction** [ɪntər'ækʃ(ə)n]

  相互作用；相互沟通；

9.**move on**

往前走；出发；

10.**victim mentality**

受害者思维；

11.**have no desire to grow**

不思进取，没有成长的欲望；