

# **VH1 Basketball Wives Star OG Talks Dealing with Negativity, Cyberbullying and How To Speak Up**



**Los Angeles, Sep 28, 2019** ([IssueWire.com](http://www.IssueWire.com)) - Ogom "OG" Chijindu, Professional Athlete and VH1 Basketball Wives star recently sat down with Lindsay Hoffman of Dose of Bliss, a motivational talk show to discuss how she deals with the negativity she receives through her reality TV show and how she lets only positivity back into her life. Speaking out about many mindful issues that affect everyone in their day-to-day life.

As a seasoned reality TV star OG is mindfully aware that the people do not shy away from critiquing her after they have indulged in an episode of 'VH1's Basketball Wives'. As the conversation kicks off OG addresses how filming is quite different from how she would normally handle intense situations in her off-camera life. She emphasizes her preferred method to voice how she feels about a situation or person right away, allowing the potential situation to have a chance of being resolved. Whereas during filming the focus is to give the viewership an inside look into the cast's interaction, which requires a little bit of a long drawn out process before a resolution occurs.

Conflict can be hard to avoid reality TV and negative comments can pour in daily. OG pushes herself to only allow the positivity into her life, she touches on how previous jobs working as a professional women's football player, Hooters Girl and a car salesperson, has prepared her to be able to handle all types of personalities both good and bad.

With cyberbullying on the rise, OG chooses to manage her Social Media platforms by censoring negative comments and utilizing the block tool on those who are putting hatred out into the world. What keeps her motivated are positive fans using their voice to uplift and support her every day. As Lindsay went deeper into the conversation, OG reveals how important it is to love yourself the way God made you. "You were made the way you were for a reason, embrace that and if you choose to make any changes about your personality or appearance, that's a personal choice, but whatever you do, make sure you do it for you. "

Along with her continued presence on VH1's Basketball Wives, OG has a fire in her to keep going and is working on several new projects, including a cookbook being released shortly, a commemorative Bobble Butt Doll [TM] to celebrate her [10] year retirement from Professional Women's Football and her princess crowning ceremony in Nigeria.

Watch OG discuss her tips and tricks in Dose of Bliss W/ Lindsay Hoffman available on Youtube.

[Ogom "OG" Chijindu on Dose of Bliss W/ Lindsay Hoffman](#)

<https://www.youtube.com/watch?v=4uEfzebNJV&feature=youtu.be>

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