

How to Work with Difficult People

by Elizabeth Barhydt, MS, MT

We have all tried to make our lives work and to be "effective." We have tried to find love, peace and happiness. We have tried by attempting to get "enough" from the outside world; by acquiring "enough" money, by getting an education, by finding the "right Job", by attaining prestige, by accumulating lovers, by vowing marriage, by having children.

We have also tried by controlling our behavior by trying to be a "good person", doing the "right" things. And even when our lives were seemingly going well there was still a certain hollowness, the feeling that "there must be more to life"

And so the search to avoid fear and anger, to find love and peace continued. We read or heard about higher consciousness, spirituality, and love. It all sounded good. But our minds questioned, "What do I do when I feel afraid or angry?" How do I obtain and feel love in my life. And then we ask, "How can we get along with difficult people?"

First of all there is no such thing as difficult people. A person who is difficult is only a person who behaves differently from our model of how they should be behaving. What we have a tendency to say is that we cannot communicate. If a person agrees with you then you can communicate. If they don't agree with you, then you cannot communicate, and you label them as a difficult person. If everyone agreed with us, life would be great, but also boring. Remember from their point of view the "difficult person" may be doing just fine and may be thinking about how difficult you are.

1. Do not play judge. We are often not aware of how much we judge. We think that people are not using their heads when they do not think the same way we do.
2. Accept people for what they are, not what you want them to be. Remember that life may be very difficult for them

3. Everybody is our mirror. What we may not like about them reflects something we may not like about ourselves.
4. If someone calls you stupid and you react to it, what you are really saying is, "Maybe I am stupid." If there was no doubt in your mind, this would not bother you. Actions are rarely at fault. It is only are reactions that cause the problem.
5. Every interaction with another person involves a relationship. All that differs is the degree of involvement.
6. Trust is the basis of every working relationship. Evolve outer honesty into ever deeper levels of inner honesty. Take responsibility for how you feel without blaming.
7. When you can love and accept a person only if they are able to act in a fashion that fits your addictive programming, you are treating them as an object to be manipulated.
8. Remember that everyone is doing in their lives exactly what they need to do. It doesn't mean anything about you.

Think of life as you would a garden. Each person gets to plant anything they want in their garden. If you didn't like what your neighbor planted, would you go into his garden and pull out every thing you did not like. Of course not! Then why do we try to go into that same neighbors head and take out all but what we agree with? Everybody is doing what they need to do, and this means nothing about us.

Use your past experiences as a ladder instead of a crutch. You can turn bad experiences into positive learning experiences. Don't look at what went wrong, but what you can do about it now. Turn every disadvantage into a positive potential. Concentrate on figuring out what will work better the next time, on

how you can do things differently to achieve a more constructive outcome. It is not the foolishness in taking the wrong turn, but in continuing once you realized you were on the wrong road.

When become aware of your own feelings, stop running on automatic drive, and start taking control of your own life with positive feelings, you will be surprised at how much easier it is to deal with difficult people.

1. Put out for what you want from a clear mind space (no blaming, no accusing, no demanding).
2. Better yet feel good about what you want.
3. Accept what you get at the present moment for now.
4. Delete the need to defend and remember the phrase there are two sides to every coin. That is not to say you have to like what is happening. You can even keep your opinion that what has happened was not right.
5. Turn up your love even if you don't get what you want. But you do not have to create suffering over something you cannot change, Give the other person permission to see things as they want to see them.

Another way you can learn to handle difficult people is to answer the following questions. There are no Right or Wrong Answers.

1. What separate feelings am I creating?
2. Do I perceive something in the other person that I don't like?
3. Am I taking responsibility for creating my feelings?
4. Am I trying to justify or explain my position?
5. Am I blaming the outside world for my emotions?
6. Am I trying to get the other person to change?
7. Am I being totally honest about my feelings with the other person?
8. Am I trying to make myself look good?

9. Am I holding on to being right?
10. Am I trying to get the other person to agree with me?
11. Do I want the other person to realize that they are wrong?
12. Am I trying to hide any of my true feelings?
because I'm afraid the other person will reject me.
because I don't want to hurt them.
because I think that they cannot deal with this.
13. Do I understand the model I have of how the other person should be? or how I should be?
14. Do I really want to feel closer, or am I enjoying my separate feelings?

You may find that you can get what you want another time. Look for a workable compromise. Try to develop win-win situations

Remember "All the world is a stage, and we are merely players acting out our roles." Sit back and enjoy the TV soap opera of your life.

Do not take life too seriously. Look for the humor in it all. Laughter is often the best medicine.

Remember to take responsibility for your own feelings because **it is your own programming that creates your actions and also influences the reactions of people around you.**

References

1. Bobbi, *T-Neck*, Magik Publishers, 4321 Hempstead Tpk, Bethpage, NY 11714
2. Keyes, Ken, Jr., *Handbook to Higher Consciousness*, Love Line Books, 700 Commercial Av, Coos Bay, OR 97420, 5th edition, 1975
3. Keyes, Ken, Jr., *Prescriptions for Happiness*, Love Line Books, 1981
4. Keyes, Ken, Jr., *Your Life is a Gift*, Love Line Books, 2nd edition, 1987

For more information, you may contact me at
Loving Life (209) 962-4847
22625 Ferretti Rd #15, Groveland, CA 95321