

Dealing with difficult people

Making it better for everybody

INGREDIENTS

- 1 cup of self control
- 1 bunch of perspective
- 1 slice of purpose/target
- 3 drops of acceptance
- 1 pinch of Good eye

CONDIMENTS

Cleverness, endurance / patience, hope



WARNING: EACH PERSON REACTS DIFFERENTLY, TRY TO UNDERSTAND HIM/HER


Preparation:

1 You always have the choice to control yourself. Nobody can make you feel, say or do something you that you don't want. You are your own chef, therefore you are responsible for your actions.


2 The only person that you can change is yourself. When you accept and change your behavior and thoughts, you can relate to others in a new and fresh way. Trying to change others is a fruitless task, with dashed hopes and full of disappointment.

3 At all times remember the ultimate goal that you are seeking. These will empower and provide strength, patience and a clear point of view, helping you act calmly and wisely and the most importantly, will give you a reason to do the right thing.

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“When you discover the ability to see and accept the others as they really are with no regrets or grudges you might realize that you have created an improved and healthier life for yourself and everybody around you”



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