

Warfare at Work



Do you have a particular dislike of someone you work with? Do you feel yourself getting angry whenever you have to deal with this person?

The answer is Yes for most of us, it is impossible to work with other people and not feel yourself getting irritated and angry from time to time. Whether you find this person slightly annoying or completely hateful, the problem must be solved, because the person who is suffering is you!

When someone annoys us or upsets us we tend to brood on it, or fret about it and this stops us enjoying our work. So what is the solution, do you quietly put up with the situation or do you have it out with them. One thing is for certain though, if you do nothing, this small problem will grow into a big problem. Your irritation will fester and sooner or later it will become unbearable.

So what do you do?

First of all you have to accept responsibility for your part of the problem. You may feel that it is the other person who is at fault, but it always takes two to create any kind of problem. You may also find it very irritating that the person who you find so annoying is not having the same effect on others. So why are they annoying you?

The answer could be that perhaps they remind you of someone from your past, perhaps you had a bad experience with a very similar type of person. Perhaps the other person is interfering with your work, or letting you down. Perhaps they talk incessantly not allowing you to think. Whatever it is, accept that the reason that it bothers you so badly is as much about you as it is them.

Second, you must believe that there is a solution to the problem and that it doesn't involve drastic action, such as one of you leaving.

Third, try to analyze the way you behave towards the person, every one deserves respect and decent treatment. Check that you are not being cruel or unfair to the other person. Don't complain about them or gossip about them behind their back, even if you feel that they have hurt you. This will only serve to make you feel worse, denting your self-respect and making you ashamed of yourself.

Fourth, look for a solution, you can't force someone else to change, but you can change yourself. It is up to you to take full responsibility for the problem and solve the problem yourself. Talk the problem through with a friend, discuss what you could do differently, then calmly talk to the person you have a problem with. This is probably the thing you least want to do, but it has to be done. It will be worth it because not only will you find piece of mind, but you might even feel proud of yourself!

