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difficult person decide when it is worth your efforts
to discuss the problem not every fight needs to be
fought the sooner you realize this the happier your
life will become when you think about the difficult
people in your life we know you re picturing someone
your thoughts can be greeted by a host of complex
emotions anger at their behavior frustration at their
unwillingness to change and an unmistakable yearning to
build a healthier relationship with them 4 the bore it
s not just that the bore doesn t offer anything
interesting they actively ignore people s signals that
they re too busy not interested or have heard it all
before 5 the prima donna everything s about them their
ideas their needs their successes 1 use lots of
kindness look i get it when dealing with difficult
people the gut reaction is to be difficult right back
when it feels like someone is attacking you your first
thought is to defend yourself i ve been there and still
get caught up in that when i don t slow down and take a
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people look for face saving opportunities the desire to
save face to view ourselves positively and project a
positive image to others is a major concern for
negotiators the need to save face can be especially
strong when a negotiator has taken a tough stance 1 the
micromanager a micromanager keeps an eye on and
critiques every little detail of your task these people
are often perfectionists while being a perfectionist
isn t a bad trait per se they can be challenging to
work with high expectations and control are at the
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while a better understanding of the root of their behavior doesn't erase your frustration it can help you with techniques to deal with difficult people we look at common reasons for difficult behavior how you can remain calm and composed in the midst of a challenging situation and how you can deal with conflicts in the workplace and with

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1 tanks these confrontational folks swing first and ask questions second when you re dealing with them it s important to hold your ground and using qualifying statements like from my point of

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