

## It's Not ME, It's YOU: Part I What Makes People Difficult?

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The dictionary has several definitions of difficult; the one we're going to explore is that which states difficult as being "hard to deal with" or "puzzling". Puzzles are, after all, simply big pictures that we haven't yet figured out. So it stands to reason that difficult people are those whose big picture we just can't see...at first glance. Given this premise, the question of what makes people difficult becomes easier to dissect.

Let's look at a great analogy about relationships being like bank accounts. In a perfect world, each of us behaves admirably and respectfully in order to make "DEPOSITS" into our bank accounts of life such that in times of unexpected withdrawal, we'll have plenty of value (good karma) stored up. Difficult people tend to be those that continually withdraw without making the necessary deposits to remain in good standing with your account at the Big Bank of Karma.

You know the type. Some ask you to special order an item for them but never pick it up. Others expect you to complete a project in record time and delay paying the invoice. And then there's the friend/sibling that, while has secured a genuine spot in your heart, just happens to be the biggest bag o' downers that you know.

There are slews of other types of difficult. You have, for instance, the BULL, who behaves in an angry or stubborn manner, especially if someone dares challenge them. There's the WHINER who's never happy with any situation. They win the lottery, but complain about the taxes. My personal favorite is the HOLLYWOOD-DAHLING, better known as The Faker. Always behaving like your best friend, even after you've busted him or her sabotaging you behind your back. Insincere and non-trustworthy, this form of difficult makes you question the presence of integrity in the 21<sup>st</sup> century.

Aside from chemical imbalances or deviant upbringing, MOST people are genuinely not as angry or sour as they may seem in times of stress or pressure. More often than not, we are slaves to our environmental surroundings and the happenstances of each & every day. Is it possible that we're simply just misunderstood?

Consequently, some of us are difficult due to the way our brain processes information supplied by outside factors. Take the following points into consideration:

- The synapses in *your brain* (those little bridges that are built each time we learn something new) may differ wildly from those in someone else's brain.
- Your *culture, knowledge and experiences* may cause someone to interpret what you say or do in a way that differs from your intended message.
- The methods you choose to communicate with (*expressions, vocabulary or sarcasm*) may not "gel" with the way someone else is capable of understanding you.
- *Demographically speaking*, differences in your learned speech and mannerisms create the opportunity for being misunderstood.
- The events of *your day* (week, month...whatever) may cause you to lose patience or react in a way that is atypical, or less patient, than on a "good" day.

The fact remains that if we can identify what makes someone difficult, we can begin figuring out whether it's their problem...or ours. Now the question is, what can we do about diffusing difficult personality patterns? Be sure to catch an array of tips & tactics on recognizing difficult patterns, diffusing toxic people and rating your own stress triggers, all available on DVD for only \$10, visit [www.SandySpadaro.com/resources](http://www.SandySpadaro.com/resources) .

*About Sandy Spadaro:*

As a published author, trainer and marketing advisor, Sandy Spadaro is an enthusiastic advocate of business growth, skills development and women's issues.