

# 10 Practical Ways to 'Heed Not' in Difficult Situations

A list I cultivated with lots of trial and error. This is a life-long study of how to deal with difficult people. I still make mistakes and have to review this list frequently. However...when applied, these suggestions work wonders.

The Spirit of Christ, regular scriptures, and daily, connected prayer will help you develop and acquire the calm and the strength to follow these steps:

1. Don't get pulled into drama or a "word salad" (meaning lots of words which include bickering, refuting, proving, recalling)
2. Cultivate a peaceful, graceful response to invalidations, pettiness, talking in circles, and setups. See item #1. Neutral responses: **"I'll keep that in mind"** – (great response 75% of the time). "Let me think about that and get back to you." "I have no response to that." "That's a story." Make sure you keep your voice tone neutral – no emotion, no faces, and no body language.
3. Don't pick it up when crazy-making accusations or head games are laid at your feet. You have no points to make. Just observe.
4. When someone behaves poorly or aggressively, shrug it off (to yourself). Please don't wear it.
5. Don't try to change them. Don't steer them. Don't catch them in the act. Period.
6. Step away and give yourself a timeout. Soothe yourself – do something you enjoy. Don't rehearse it in your head.
7. Let them make a fuss. They look ridiculous.
8. Develop self-worth that is independent of anyone but Christ.
9. Decompress. Regularly do self-care and enjoy yourself. Hard calendar and schedule at least a half-hour each day for your hobby, gift, talent, and calling in life. Take it off the back burner, and don't let other things crowd it out.
10. Some people are "unpleasable" or forever expressing disapproval. Don't get wrapped up in pleasing them. See items 1-9 for help with this.