

The Buzz About What To Do When People Get on Your Nerves

“Reading and applying the principles of *What To Do When People Get on Your Nerves* will improve your self-esteem, enhance your communication skills and empower you to have a happier life.”

Eunice Lindenwhite
Executive Director, Community Services
Coalition and Certified Facilitator of Compassion Power Program

“Great Book! *What To Do When People Get on Your Nerves* is a fresh, introspective look at how best to grow, love and be at peace in a chaotic world.”

Charlene Taylor
President and CEO
Institute for Black Charities
www.blackcharities.net

“Another self help, manage your coworkers, keep a cool head book, I thought. **Not so, not so at all.** MoriEl Randolph gives you a fresh way of looking at your “offenders,” and your response to them. She guides you through your feelings and, more importantly, where they come from and how they govern behavior.

“This book should be required reading for anyone who has felt a rise in blood pressure, cussed, cried or became upset when someone got on their nerves. That would be all of us.”

Esther Williams
Recording Artist/Actress
Washington Jazz Arts Institute Board Officer
www.dcjazzmusic.org

The Buzz Continues

"What To Do When People Get on Your Nerves does a great job of informing readers how one can handle the challenges of the workplace, at home and in personal relationships. Her practical tips on handling people who get on your nerves make this an interesting read for any person who wants to become a better person."

Tracey Webb
Founder
Black Benefactors
blackbenefactors.org

"What To Do When People Get on Your Nerves offers the best of all worlds; the advice of a counselor combined with the love of a close friend tapered with spiritual insight.

"Finally a book that offers help for the whole person--mentally and spiritually."

Kepa Freeman
Executive Director
TeensExpress
www.teensexpress.org

"This book is an inspirational tool that has helped me self examine myself and my everyday situations. I encourage anyone who is looking for insight on how to handle people who get on your nerves to read this awesome book."

Marquita Barksdale
Educator
Calvary Christian Academy

What To Do When People Get on Your Nerves "is not only food for the spirit, it is also food for thought." "It teaches us "Caring Concern."

Patricia Conway
Grants Management Specialist
Efforts, Inc.

What To Do
When
People
Get
on
Your
Nerves!



A Spiritual Guide with Practical Solutions for Dealing with the
Obnoxious, Aggravating, CRAZY... things people say and do

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Illustrations By Mark Hill

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I give all the praise to My FATHER in Heaven for my husband who has been a true hero, my knight in shining armor. Thank you honey, for believing in me and not giving up on my dream.

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Dedication

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This Book is dedicated to

PORTIA-SERENA

It was she who taught me how to develop true Caring Concern
for others.

For over 30 years she stood by me as my

Pastor

Teacher

Mentor

Sister in the belief

and Best Friend

I will cherish her always as a precious gift given to me by
my FATHER in Heaven through HIS Holy Son.

The life she lived was a true witness of HIS ALMIGHTY Power.

Who Should Read This Book

The style of writing for this guide is of an idiosyncratic nature, in other words its jargon and content is extremely simple and its approach very unconventional. So, if you are of the academia but feel you may benefit from the content of this book, then simply remove your scholastic hat, take your shoes off and relax. It should be fun, as I am certain that you will find the experience quite refreshing.

I am equally certain that anyone drawn by the title of this book is probably a lot like me, not the most patient individual in the world. You may be one who is too easily annoyed by the thoughtless or ridiculous things people say or do—or how they sit around and complain afterwards, blaming everyone but themselves for the consequences.

If this describes you, then this book could be of great value to you.

On the other hand, if you're thinking it will tell you how to control those who can kindle such vexation, I'm afraid this guide will not be of much help to you.

Although, purchasing a ticket to another planet may, one day, be an option, since here on planet Earth it simply doesn't work that way.

By now you may be thinking: "Is this another one of those self-help books?"

Well duhhh-yeah.

And, though the idea of sending all the irritating people in our lives to another planet is a tempting concept to consider,

this is not fiction. In fact, this may turn out to be one of the strongest doses of reality you've had in a long time.

This book is about exercising your power over the one and only entity you can control. That entity would be YOU.

It's about the peace of mind that comes with living life as stress free as is humanly possible, in spite of the irritating people you may encounter.

Now when it comes to the subject of peace, there is one entity, I believe, that cannot be overlooked. HE is the author of peace. I refer to HIM as my heavenly FATHER or by a title only HE is worthy of: THE ALMIGHTY.

So, although this is not a religious book (i.e., based on any denominational doctrine) I will be referring to HIS WORD when necessary. In fact, each chapter ends with an excerpt from what has been preserved of HIS written word.

Hence, if you believe in a power greater than yourself and have a longing to live life to the fullest, free from the unnecessary stress generated by this crazy world we live in, then you are in for a treat.

If you are a non-believer, or if your belief system is not centered around The Christ, but you have no difficulty reading material written by those who do believe, I feel confident that you too will find the principles and light shed in this guide stimulating, practical and simple to apply.

Introduction

I contacted a client during business hours, which was normal. However, this time, unlike others, her response was cold. After my usual greeting, to which I would normally receive a warm reception, she simply asked me how she could help me.

I asked if she was having a bad day. She instantly apologized for her tone and shared how much the supervisor and co-workers were getting on her nerves.

She went on to share the frustration she experienced as she endeavored to gather all the necessary figures and documents requested by her supervisor, while watching the supervisor and coworkers sitting around doing virtually nothing.

She had become weary and resentful as she considered the possibility of having to work overtime in order to get everything done—overtime for which she would not get paid.

I understood exactly how she felt and pointed out that she had choices to make. If her supervisor was truly acting this way, it was only because she could. In other words, people treat us the way we teach them to. My client had allowed this type of treatment from her supervisor for far too long; protesting now could possibly place her job at risk. Therefore, having no control over her supervisor or co-workers, she needed to determine what she could control.

After giving some thought to what I shared with her, she stopped focusing on others and looked to the control she had over her own actions.

Immediately, she realized by simply coming in early, before the others, she could be more productive. Though she would still put in overtime, she would have a less stressful day and was assured of no distractions. Since she needed her job and (at that time) was in no position to put it in jeopardy, she could live with the overtime without pay if she could at least get home on time.

On the other hand, she could have decided that coming in earlier or staying late was just unacceptable. That determination would have caused her stress level to escalate along with her workload. Consequently, she would have inevitably done or said something that would have jeopardized her job, not to mention her health.

This example demonstrates how sometimes we must accept the circumstances within our lives, at least on a temporary basis. But, while doing so, we must be careful to make wise choices for our own sakes. For it will be our choices that will enable us to deal with our temporary circumstances in the most comfortable or expeditious way possible, while mapping out a plan for change.

In other words, there will always be circumstances we cannot control. So instead of resenting that fact (which won't change), we can focus on what we can control and what we can change.

This guide will help.

But what about the people? All those **CRAZY** folks we have to deal with!

Wouldn't it be wonderful if, regardless of how obnoxious, moody or dysfunctional individuals may behave, you could live your life without being negatively affected by them?

Wouldn't it be great if, regardless of your profession, family or relationships, you could live your life free of unnecessary stress—the type of stress that comes with having to deal with the drama and changes people go through?

Do you work with the public? How terrific would it be to help or assist any knucklehead in the country without having your **COOL** disrupted?



When wisdom guides your actions, when beneficial knowledge is pleasant to you, then your decisions shall preserve you, and understanding shall keep you...

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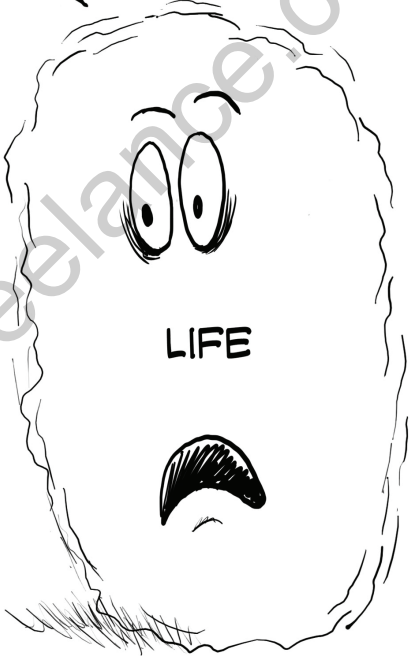
Chapter 1

Life is a Beautiful Thing.
It's People Who Can Act
Like Beasts!

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YOU DO KNOW
WHAT HAPPENS
IF I LEAVE?



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IT'S TRUE YOU know. I wish to address this topic because I think it is absolutely terrible the way Life receives such a bum rap for the things that occur.

Life is a good thing. It must be, because without it we would all be dead—or at least our bodies would be. In other words, without Life, humans would be able to participate in **no-thing**.

The bad, unfortunate, evil or sad things that occur while we're experiencing this beautiful thing we call Life have nothing to do with Life itself.

It's like the air we breathe. Air is good, but if humans make choices that pollute the air or if one human should place a substance within it that would kill the bodies of others, do we blame the air? Of course not...well, maybe there are those who would.

But assuming that everyone reading this book is not nutty, let's just go with NO as the answer to that question.

If not for the existence or composition of air, many things could not occur. For example, the spread of certain diseases, viruses, radiation, oh and what's that other thing? Oh yeah—*Life!*

In other words, regardless of what humans may do to the air or put in it, we don't get mad at it or call it names. We like the air; we need the air.

So why then do we blame Life for so much? We call it names. Some claim to hate it. We say things like "Well that's Life for ya," "Life's not fair" or "Life sucks."

One of the reasons so many wish to blame Life for their troubles or problems is because it's the perfect scapegoat. It

never gets an attitude or talks back, and it's always available, at least as long as you are.

But it needn't feel bad; for if they didn't blame Life, they would find something or someone else to blame.

One of the greatest problems or challenges we face as human beings is taking responsibility for our own actions, choices or decisions. Since the beginning of time humans have been inclined to blame the other guy or woman or something.

It's certainly true that throughout childhood and adolescence, our lives can be greatly affected by the choices and decisions of others. However, as adults, the majority of the negative things that occur in our lives are due to our own choices and decisions.

But what never ceases to amaze me is the extent or extreme that we go through to keep from accepting the challenge of responsibility. Though I understand the reasons why, it amazes me still.

You see, no matter who goes or comes, no matter who lives or dies, as long as you are in your body, you will have one person on the planet who will always be with you. One person you cannot dismiss or put out of your life. One person, like it or not, you must live with 24/7. That one person is you.

For many, the choices they've made or things they've done make it hard for them to live with themselves.

So in order to make existence as bearable as possible, they do whatever it takes to feel good about who they are.

When people find it too difficult to accept their choices, they seek ways of escape from themselves via drugs, food, sex, work, etc.

Our need to think positively about ourselves also explains why we often go to such extremes to look good, at least in the eyes of those outside of ourselves. This need for self-approval is so strong that we often deny the truth. Moreover, we avoid taking responsibility for our actions to the point where we frequently blame our actions on something or someone else.