



**25**

**WAYS TO COPE**

with

**ANNOYING**

**PEOPLE**

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CSP

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## 25 WAYS TO COPE WITH ANNOYING PEOPLE

At the beginning of every year I make a concerted effort to follow through with all my new year's resolutions.

The biggest one for me this year was to learn not to get annoyed by inconsiderate and annoying people around me, from associates, work colleagues, family members and corrupt politicians, etc.

We often joke about this, but how often in a day do you quietly curse someone in your thoughts, whether it's that inconsiderate driver that cut you off in morning traffic, or your boss that hasn't acknowledged that you were up the whole night sorting out a crises?

Here's the reality... we all have these feelings... everyday! Yes, even I have them! Sometimes I want to pop a blood vessel when I see the greed and corruption amongst our politicians. However, the only person getting upset is me! They are just carrying on as always, no matter how much I jump up and down.

When I scream at the driver and use foul language in the car and attempt to display every crude sign I can with my hands, odds are I am only enraging myself as the other person doesn't even realize it's them I am cursing at.

Unfortunately, most of the time we just annoy ourselves more than the other person. If anything I find this is the most difficult issue to come to terms with in my life. I have lectured, written about and put many videos on You Tube about dealing with hatred and letting go of the past. And I really try to practice what I preach. Nevertheless, there are ALWAYS and there always will be those people out there that WE ALL love to hate. Those people that ALWAYS annoy us, no matter how hard we try to remain calm. For weeks we can go about ignoring them, and then one day, out of the blue, grrrrr and all that pent up aggression explodes. The

saddest thing of all is, we tend to take it out on those that are closest to use. Your spouse is cuddling next to you in front of the TV, completely relaxed and content in the moment, when you suddenly scream and jump up because of some idiot on the television, ruining the mood completely.

Sound familiar?

I've done it!

What about driving in the car and everyone is listening to a nice song on the radio, when suddenly someone 3 cars ahead does something stupid (which doesn't affect you) and you blurt out a string of abuse that would even embarrass a rap singer!

Hopefully I have put a little smile on your face as you maybe relate to what I am saying. At the time it's not funny, but afterwards, I have to embarrassingly laugh at myself acknowledging that I have just described me.

How do I learn to deal with this. Realistically, I feel there will always be inconsiderate people out there. However, it is up to us to try and control our reactions to them. Instead of blowing one's top ten times out of ten, don't you agree it would be better just to lose your cool two times out of ten? Of course it would be great if we could just all let go completely. But I am a realist... thus even if I only manage to half my outbursts – that's already an improvement.

With all of this in mind, I am going to share tips with you on how to cope with annoying people in your life. Should you want other E-Formats of this E-Book, visit [www.mindpowerpublications.com](http://www.mindpowerpublications.com) to download them for free.

Also, I have uploaded a new Quick Tips video with 3 tips on coping with Annoying People – although I must warn you, the 3rd tip (which I think is the most realistic and funny tip) may not be everyone's cup of tea – but I still think it's brilliant! (It's tip 25 in this E-Book) Click [here](#) to view!

### **1. Count to 10 or stop and breathe**

The oldest tip in the book. My parents used to drum this into me and always told me to count to ten before I reacted or said something I would regret. It is the simplest and most effective advice ever – yet how many of us really do this? Furthermore, counting to ten actually calms you down so that when you do eventually react, you are calmer than before. This makes a big difference and usually ends up with you being more constructive, rather than destructive in your actions.

### **2. Becoming upset make you remember it longer**

The more you acknowledge and think about the person or thing that has upset you, the more you etch that thought into your subconscious mind. You must remember that you are not dealing with a fleeting thought here, but a feeling that is filled with emotion, and intense emotion at that. This is powerful stuff and the more you harp on it, the better the odds of it becoming cemented into your long term memory and upsetting you for weeks and months to come. The solution is to give any irritation as little time and thought as possible.

### **3. Let is out (only with those close to you)**

Many couples have very different opinions when it comes to becoming upset. Some people tend to bottle up issues, resulting in an atomic explosion in the house 6 months later. Sound familiar? I tend to bitch about the things that bother me immediately, get them out of my system and move on, putting them behind me. I'm not saying I am right, yet I do feel that if I speak my mind respectfully, and I stress, 'respectfully' I don't bottle it up and think about it constantly. I free my mind for better and more positive things.

### **4. Sometimes YOU are at fault too!**

Admitting that one has made a mistake is a hard thing to do. The last thing you want to acknowledge is that you are weak and actually make mistakes too. If this is you – grow up and realize that ALL OF US are human. We ALL make mistakes. It takes bigger person to admit when they are wrong. I have found that by being brutally honest with myself and actually admitting when I do make a mistake, that I have learnt to laugh at myself and not take myself so serious. Those around me respect me for being so comfortable with myself and forgive me because I can acknowledge when I am wrong while at the same time (and this is so important) actually forgiving myself too.

## **5. It's not always about YOU**

I know you'd love it to always be about you. In fact it's more of an insult to some people when it isn't about them. Guess what, there are jerks out there that truly don't care about anyone. They behave the way they do in an equally bad manner across the board. That is why it is so important to analyze the situation first (while counting to 10) and finding out a little more about the person before you react. Please understand that I am not condoning bad behavior. But it is easier to cope with your own feelings when you know the rude behavior isn't just aimed at you, but at everyone in general.

## **6. Become mad, stay mad**

How often has one small thing annoyed you first thing in the morning, and your whole day is ruined? Does this sound familiar? One schmuck cuts in front of you in the traffic and actually gives you a 'Go forth and multiply fruitfully' sign with his middle finger, and that's it, you are aggressive the whole day. Guess what, he's forgotten about it five minutes after he did it. The only person being damaged by this is you!

## **7. Laugh**

Yes, laugh at that person! Laugh at them for being so pathetic and shallow. Laughter excretes different endorphins in your body and cheers you up. Odds are that a day later you would see how ridiculous it was to get annoyed by this behavior.

## **8. Don't react**

Do you really want to get your own back? Don't react at all, and remain calm. Most of the time they act like this with the intention of annoying you. Imagine their frustration if you don't become annoyed. It's like turning the joke around back on them. Odds are very much in your favor that they will stop annoying you ever again.

## **9. Reacting can damage your reputation**

Yes, you may believe that you are in the right and have been falsely wronged! Guess what... if you lose your temper and start a fight, those around you will judge and see you in the same light as the aggressor. It may even make you look petty and unreasonable. Ever thought about it like that? Try not react, you are better off for it.

## **10. Listen**

Often you get annoyed because of a misunderstanding. First thing you need to do is make sure you listened properly and understood their intent in the manner they intended. Also through careful listening you can pose questions to verify what you have heard and confirm to yourself whether your annoyance is justified or not. Then you can decide whether you need to use one of the other coping mechanisms in this E-Book to deal with it.

## **11. Stand up for yourself and be clear about your boundaries**

Nowhere is there a rule book that states that you must be friends with everyone around you. As humans we long for acknowledgement and recognition. Many people fail to realize that not everyone will give you this. My dad always told me that I should not strive to have everyone love me, instead I should strive to have them respect me. This is a very important point in life. We always try fit in everywhere, but never take a stand in what we believe in. Then we wonder why people don't respect us. It is an unchangeable fact that not everyone will like you – there is NOTHING you can do to change this. However, you can get them to respect you. One way you can achieve this is to stand up for what you believe in. Tell them clearly what your boundaries are and what you will allow them to say to you. Letting others know about your feelings and boundaries helps them treat you in the manner you want to be treated.

## **12. Never dream of Revenge**

Look at the wars, murder, hatred and everything negative in this world today – where does it stem from? Revenge! Revenge just makes you worse than the person that annoyed you and brings you down to a lower level than them. Suddenly the person you dislike has become you... and worse.

## **13. Is it your own projections you fear?**

Maybe you are annoyed by the other person because you see your own faults in them? If this is the case, you need to work on yourself and come to terms with who you are. Dare I suggest that this could be the major factor why others annoy us? We see our flaws in them! Learn to be comfortable with who you are and develop yourself from within. You will then begin to be amazed at how different everyone else appears.

#### **14. Tell them to go away**

If it is someone in your surroundings, at work, friends, family, etc. tell them politely to go way. It's as easy as that! Give them an ultimatum. Tell them in a friendly, yet firm tone that you will not acknowledge or speak to them until they learn to treat you with respect. Then leave it up to them to change. If they won't change – ignore them until they do!

#### **15. You are the problem!**

Oh how dare I say that you could be the problem! Maybe you are? Have you ever considered that the person annoying you has no idea that they are doing this? They may have a trait, a saying or a body movement that irritates the living &^%\$ out of you. But how are they to know that? Maybe they think its funny to tease you, and see it as a way of connecting and becoming your friend? If you don't tell them that you are uncomfortable with this – they will never know. Odds are that if you tell them, they will feel terrible about it and apologize. It's called COMMUNICATION! Never assume anything and especially never assume that your judgement is always the correct one.

#### **16. Ignore them**

Yep it's as easy as that. Ignore them completely and don't acknowledge their presence! As they start fighting, yelling, insulting you, simply ignore them completely. You can even get up and walk away. If you go speak to someone else and make other plans with this person, you will be clearly indicating that you want nothing to do with them. It's a harsh way to deal with this, but a very clear way to get your message across.

#### **17. Be reasonable**

Granted, some of the advice I am giving you is more extreme than others. However, you need to be mature and balanced enough to realize that there is a time and a place to deal with people like this in a matter suited to the annoyance. If they are petty, then dealing with them harshly is uncalled for and you will be the person that looks bad in the end. Think before you react as the punishment must suit the crime.



**18. You harm yourself**

No argument about it, by becoming annoyed your blood pressure rises and your heart rate increases. Who's health is being damaged? YOURS! You are only harming yourself. Not only have you allowed someone to annoy you, you have also allowed them to affect your health – mental and physical. You have allowed them to play a double whammy against you.

**19. Feel sorry for them**

This is pretty difficult to do at times, especially if it's a person of power and influence that annoys you. However, I always take solace in accepting that I am happy with myself and who I am. They may only be in that 'power' position for a short time, after that they cannot behave like this anymore. Hence I feel sorry for them. Often people get annoyed by wealthy people who treat them rudely. Hello... money doesn't make you a better person than me! Try this experiment... go walk into a 'well-to-do' cocktail party and just smile from within yourself. Be non judgmental, laugh and have fun. I bet you that every person there will notice you and be jealous of you, as most of them are not happy within themselves.

We have been brought up in a society where the media defines money and 'things' as happiness – this is the biggest mistake you can make to believe this! Also, many rude people have 'emotional' baggage' they carry and project their issues onto you through rudeness. If anything, that really makes me sad for them. I also believe that when you do feel sorry for them, they can see this in your eyes. Whether they admit it or not, that is going to make them go back to where they came from and realize that you see through them.

**20. Focus on the issue at hand**

Have a look at most complaints and nasty comments about others on the internet, whether it is a person or a company that is being bad-mouthed. Very few of the letters are written from a 'balanced' perspective. If anything the complaints are full of personal emotions, judgements and assumptions. Rarely do people respond objectively, but rather let their subjective emotions control their thoughts and writings. You need to learn to stay away from personal insults and threats and focus on using a non-blaming tone in your voice. This eventually results in calmness in the other person. However, this can only be achieved if you take control and become aware of your emotion and the aggressor's emotions.

**21. Take your own advice**

Instead of judging and giving advice to others, how about taking your own advice and practicing what you preach? Consider someone that is annoying you right now. What exactly is it that annoys you about them and what advice would you give them to stop doing it? Now take your advice for this person, and apply it to yourself. Reality check! Most of the time what you feel others should be doing, you need to apply in your own life.

**22. Negative reactions become easier**

The more you react to an annoying person, the more you train yourself to do it without thinking, and the easier it becomes to stoop down to their level. In other words, it becomes a habit! You need to consciously stop yourself reacting and work hard not to react. Only then can you condition yourself not to stoop to their level.

**23. Stop worrying about what other people think**

For me personally I have to add, subscribers to my 'Useletter' and viewers of my videos who send me nasty emails or post rude comments. This used to upset me for days. Now I simply respond that there is an 'unsubscribe' button at the end of each 'Useletter'. I have accepted that you just get some rude people on this planet whose only purpose it is to annoy others. They also need to learn respect and that other people may find what I have to say enlightening. However I also need to learn not to respond and try force my view onto them and brush it off. I have to accept that there just are some people that have an issue with life in general. I have to let go of them. Does this sound familiar to you?

**24. It's an honest mistake**

Have you never made a mistake in your life? Be honest! Maybe it just happened to be a thoughtless, honest mistake on the part of the other person. They really (whether naively or not) never realized that they were annoying you. This can happen more often than you realize, hence you need to listen and objectively question the behavior of these people.

## 25. Wipe them away

This is my ultimate coping mechanism for dealing with annoying people. Odds are some of you may be offended by this method, if not – watch the you tube video [here](#) for a good laugh.

A friend of mine, Ryan Ewels shared this tip with me... I didn't stop laughing for 5 minutes. In my own personal warped opinion, this is the most practical tip ever. Of course I say this with utmost respect and understand that many of you may not agree with me, and I completely respect this too. In fact one or two of you may be offended by it, and that is your right.

I include this solution here because I believe I am a normal average person and that if something makes sense to me, there will be at least 50% (average) other people out there that may benefit from it too, as they will see it in the same vein as I do.

If it does offend you, please don't get annoyed! Rather apply one of the other 24 coping mechanisms to deal with it!

Here it is...

This is for those people who were No. 1 in your life, and now became No. 2! Next time you go to the toilet to make a No. 2, make sure you have a permanent marker/broad felt tip marking pen with you. When you are done, and before you wipe, write that nasty person's name on the piece of toilet paper you intend wiping your rear end with. Then wipe it and flush it down the loo. Basically you are now officially getting rid of the c&% \$£ in your life!

The mere act of writing their name on the toilet paper, and actually wiping your rear end with that same paper and flushing it way is a private, yet demonstrative act that actually lets you flush away the nonsense in your life! You have taken a negative, laughed at it and flushed it out of your life. I'm not saying this is for everyone, but many an annoying person has been flushed down my loo! And I had a good laugh at the same time. It just makes sense to me!

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### About the author:



**Wolfgang Riebe** is a unique international keynote speaker on strategic magic who has inspired millions of people worldwide. He is a best-selling author with appearances in over 150 countries - from Hollywood to Singapore. Star of numerous television shows and many of his own prime time TV series, coupled with 27 years experience in the speaking, service and entertainment industry, make him a world leader in his field.

In 2012 the National Speakers Association (NSA) awarded Wolfgang the CSP (Certified Speaking Professional) designation, which is the highest award given to any professional speaker in the speaking world. This designation is currently only held by less than 800 professional speakers globally.

*“Greatness in a Speaker, is defined by passion, humility, sincerity and personal experience, coupled with his ability to capture, communicate and entertain his audience, while still sharing practical, sustainable and immediately implementable life skills which have a positive effect on all present.”* Wolfgang Riebe

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