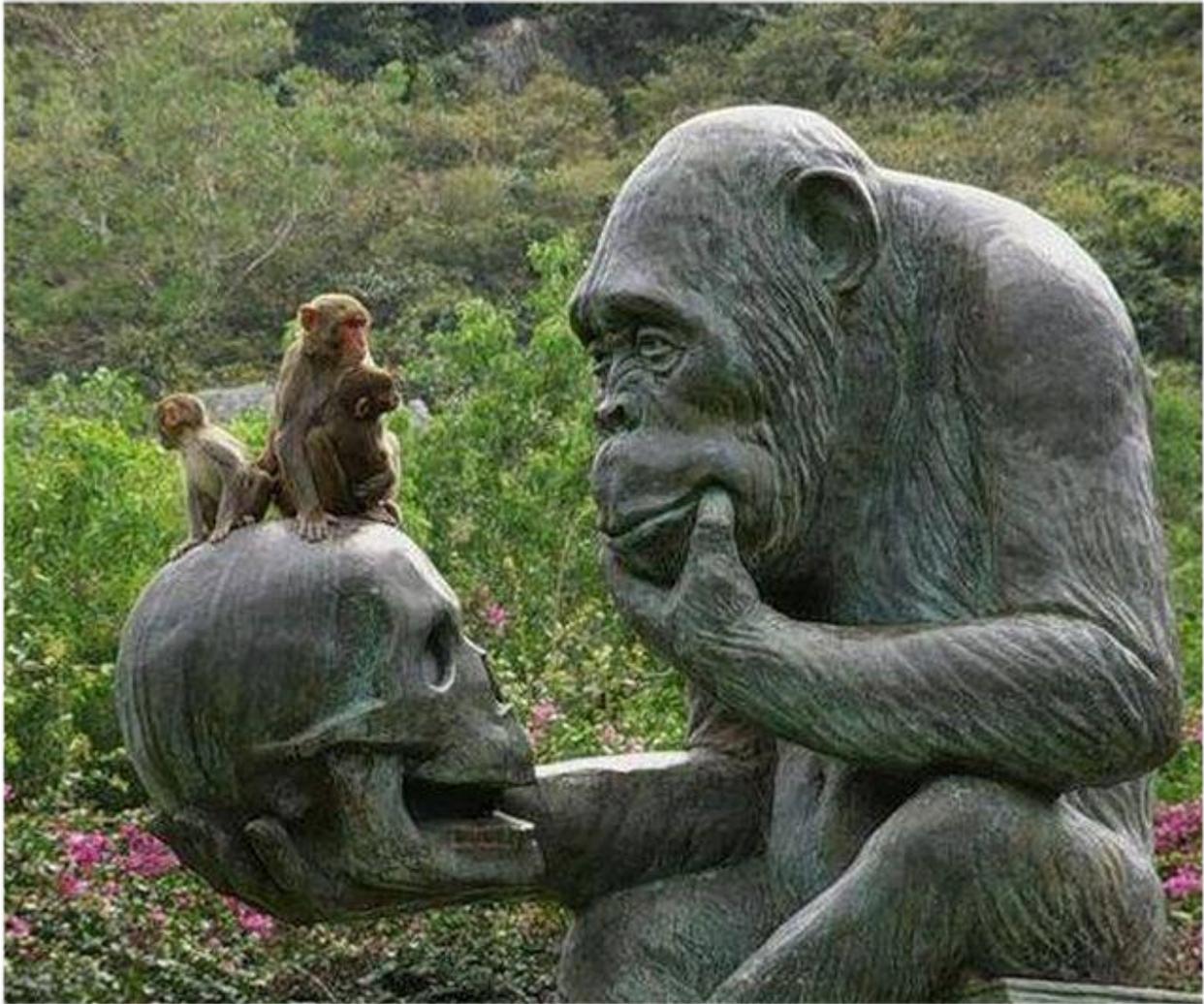


Today's Thoughts: July 23, 2020: Bothersome Person



Bothersome Person

If something bothers you about what someone says about another, you are recognizing an attitude that is actually within you. When you feel it does not affect you and you can respond calmly, it means that this weakness is no longer in you.

Overcoming Frustration In Relationships

There are two things in life that we can never change:

- the past and**
- other people**

This often brings us one frustration after the other, especially when we do not get the results that we want. **Frustration is also a sign of failure, and every time that you fail in getting what you want from the other, your self-esteem and self-confidence are reduced.**

Frustration is a form of anger. You allow the negative emotion to control you, and therefore you lose control. Most times situations will not be as you want them to be and neither will people behave as you want them to. Therefore, you can decide now if you want to continue allowing the other to dictate your reactions according to how they behave, which results in the loss of your rule, control and personal power, or you can decide that no matter how the other behaves, you rule over your responses; you decide what you want to think and feel.

When another tries to control you and then gets frustrated because you don't do what he or she wants or you aren't who he or she expects you to be, they get in a bad mood with you; they look at you with anger and what do you do? You then place an invisible barrier between you and him or her. In such a way that they cannot *enter* into your world and you do not leave yours either, they lose their influence over you. In the same way, **when you try to control people you lose your influence over them and distance is generated.**

Can we change another person's behaviour?

We can make them aware of their behaviour and make a polite request for them to change.

When they don't make the necessary changes, accept that you can't change others.

The only person you can change is yourself. Adapt, be flexible, and adjust your expectations to accommodate their behaviour.

When there is change in yourself, you can become a catalyst for changes in those around you, but don't expect others' to change.

Message for the day

The one who has the courage to face is the one who can bring about a change.

Projection: When there is a challenge which brings out a negative response, there is an immediate desire to move away from the situation so that the negativity finishes. But the real challenge is not the situation itself, but the expression of a weakness within. The one who has the courage to face this weakness and work on it is able to bring about a change accordingly.

Solution: When I am able to face the challenge of working on my own weaknesses, instead of moving away from the situation I am able to experience progress at every step. Then there will be no feeling of helplessness but I will be able to have full control on the situation. So there is the ability to learn from each situation and move forward constantly.