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MY THERAPIST SEZ . . .

a monthly series of panel discussions and live tapings
for Dr. G. Keith Olson's radio talk show,
Living Well
Aired Tuesday evenings @ 7 to 8 pm on KPRZ, 1210 AM

presents

Coping with Difficult People

Wednesday, May 2, 2007
6:45 to 8:00 pm

With
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Coping with Difficult People
Opening Comments
G. Keith Olson

We have all had experiences with people

at work - in church - in our neighborhood - even in our families,

who seem . . .

a little weird

quirky

just plain strange

a real pain in the neck

absolutely impossible!

Some are just that . . . but others may be suffering from

significant personality disorders.

To get the most from tonight’s discussion, try to think of someone who is that **difficult person** in your life.

To be prepared to deal with **truly difficult people**, early detection is a necessity!

Be careful when you hear yourself thinking,

“That’s odd . . .”

“Wow, I wonder where that came from?”

“I’ve got that queasy, uneasy feeling about this”

“Uh-oh, he reminds me of Uncle Jake” . . . (or whomever!).

Other **early warning signs** are

when you keep getting **demands** that are impossible for you to fulfill.

when your **strong emotions** (anger, pity, sexual, helplessness) keep getting triggered.

when you are repeatedly told, “You never” “You always”

“You make me feel” “I only did it because you”

Did you notice that really difficult people present **repetitive behavior patterns** that cause us problems?

I'm going to do the easy part . . . give you some **examples of very difficult people**.

Then the panel can tell you how to handle them!

People with a **Borderline Personality** will often

lift you up on very high pedestals of praise
and then . . .
viciously knock you back to the ground.

experience a continual aching emptiness within their soul,
Desperately trying to fill it with . . .
food - relationships - sex - money - activities, none of which satisfy.

be self-destructive by
ruining any opportunities that come their way,
setting themselves up for failure,
being repeatedly accident-prone,
causing themselves physical pain by cutting, burning and other means,
actually pushing people away by clinging too tightly to them, and
being very moody and at times irrationally rageful.

People with a **Dependent Personality**

are masters at convincing everyone around them about how helpless they are . . .
You must help me . . . or . . . I'll die! (Well, maybe not.)

are ever so nice . . . will do anything to avoid the possibility of offending you . . .
Can you trust a person like that?

keep wearing people out with their continual and never satisfied neediness.
I am completely worn out . . . I can't stand him/her anymore!

People with **Histrionic and Narcissistic Personalities**

crave and vigorously strive to be the center of attention . . . always.

tend to be very seductive, provocative, sensual . . . *That's enough description.*

are convinced they are privileged and entitled to any special treatment that they want.

are quite self-centered and almost incapable of being interested in or having empathy for others.

People with **Obsessive-Compulsive Personalities**

sometimes become so detail oriented that they forget the importance of the big picture.

can become miserably controlling and demanding of perfection.

fall in love with rules, major in righteousness, but don't know how to give or receive grace.

People with a **Paranoid Personality**

will amazingly be able to always interpret negative or demeaning motives for others' altruistic actions.

are very suspicious, distrustful and usually assume the worst about others.

are highly defensive, feeling attacked and criticized by others' innocent comments and actions.

So, do you have all your friends, family members and pastors categorized?????

I sure hope not!

Here are a few quick tips on how to cope with difficult people.

1. Respond with a Christ-like attitude (Phil. 2:3-7).
2. Do a quick and prayerful self-check.
3. Don't take responsibility for what another person says or does.
4. Protect yourself from excessive toxic relationships.

Oh, there is just one more thing . . .

Is it I, Lord? Am I the difficult person?

***Search me, God, and know my heart;
test me and know my anxious thoughts.***

***See if there is any offensive way in me,
and lead me in the way everlasting.***

Psalm 139:23, 24

QUESTIONS - ANSWERS - APPLICATIONS

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