



# DEALING WITH DIFFICULT PEOPLE

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*The way we see the problem is the problem.*

*Seven Habits of Highly Effective People* Stephen R. Covey

The most **frustrating types** of difficult people are...  
(What kind of people upset you the most?)

What are the **payoffs** of being difficult?  
(What do these people get from being difficult?)

List three ways to **approach** a relationship problem:

1.

2.

3.

List **prime targets** for change:

**CHANGE:**

**CHANGE:**

**CHANGE:**

## FINAL THOUGHTS

- ▶▶ Avoid becoming a difficult person yourself!
- ▶▶ You cannot change other people only yourself!
- ▶▶ Take 100% responsibility for happiness
- ▶▶ Forgive them-send out empathy, not resentment & anger.