

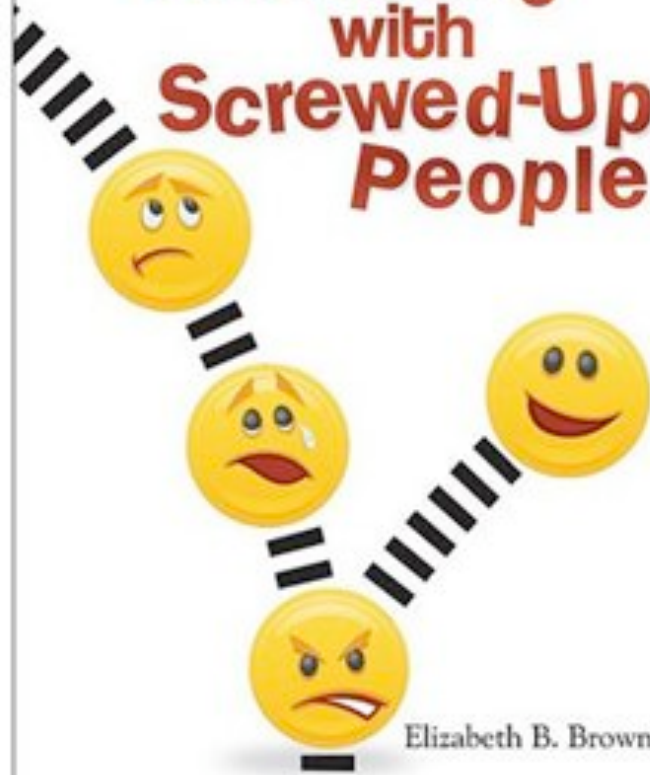
Just Do You

Living and working
with screwed up people and
not getting lost in the process

Cindy Williams

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Living Successfully with Screwed-Up People



Elizabeth B. Brown

What is a Screwed-Up Person?

An ordinary person who causes
hurricanes in your emotions

The Foundation Blocks of Healthy Relationships

- Respect
- Accepting personal responsibility for one's behavior
- Allowing others to bear the consequences of their behavior
- Caring without enabling
 - Notes:

Wrong Actions Are Wrong; Wrong Responses to Wrong Actions Are Equally Wrong!

- What emotional tornadoes does your difficult person spin off?
- How do you react?
- How does your difficult person react to your reactions?
- Are you growing unhealthy actions and reactions in response to him or her?
- Are you the screwed-up person driving others to reactive behavior?
- How do others react to your actions and responses?

It Takes Only One Person to Change
a Relationship

Be Willing to Change
First

Pressure: I Feel So Lost

- Am I complying because I feel pressure and NOT because it is what is best for me?
- Am I complying because it is the best option for my long-term good and for those for whom I am responsible?
- Is this for my best even though it doesn't feel good right now?
- Am I complying because I feel I have no choice?

When the pressure is on, you are
not necessarily lost...

You just don't know which way to
go.

James' 5 Simple Steps

- Recognize what causes the tension
- Ascertain your options
- Consider the cost
- Know your limits
- Own your choice
 - Notes:

In order to be controlled, we must
allow ourselves to be controlled –

It's our choice

Ascertain the Options

- A good or tolerable relationship is the result of hard work
- Quit rationalizing and / or justifying
- Determine the reality of the situation: See it realistically
- Do you desire to cope within this reality or not?

Consider the Cost

- Going against a screwed-up person will cost you
- Consider what is to be gained and what is to be lost
- Make your decision, then do not fret over the choice
- Self pity turns you into a super ball – bouncing every where
- Don't be a victim, be a grown-up: GROW UP

Know Your Limits

- How far are you willing to bend?
- Are you willing to be the only one bending in order to stay in the relationship?
- When will enough be enough – where will you draw the line: Decide now
 - Making the decision now will remind you that you are in control and that you have a choice

Own Your Choice

- You are the key to reducing pressure in your difficult relationships
- Your choice sets the boundaries and consequences
- Evaluate, choose course of action and pressure goes away
- Be bold and determine your course
- Give yourself time to make the right decision

Who Will Change?

- It takes two people to create a screwed-up relationship
- We can disarm a dysfunction relationship by taking control of our own acts

Notes:

Stop The March

- Figure out who the difficult person is (the easy part) and how your behavior either exacerbates or defuses the chaos within the relationship (the difficult part)
- **TAKE RESPONSIBILITY** for your part in the “dance”

Grow UP

- Wrong actions are wrong – wrong responses to wrong actions are equally wrong