

Building Relationships When Dealing with Frustrating People Part 2

What to do when dealing with frustrating people? Does it feel like being on a roller coaster when dealing to some people? For most of us the answer is yes, and yes.

There a risk in building any relationship is facing frustrating people. Often these people will intentionally or unintentionally slow you down or block your way. Regardless of their intent, one way or another you still have to resolve their concerns to move forward.

2 months ago I mentioned 3 ways for dealing with frustrating people:

1. **Keep perspective... People are struggling just like you.**
2. **Ask yourself, “Have I been truly clear with people about what I think, want, and need?”**
3. **Consider people’s confidence and competence before you judge.**

Today I will give additional suggestion for dealing with frustration.

Make dealing with others well and with patience part of our character development.

Maybe we can change our perspective about our role in life. I think that part of being frustrated with people on a continual basis is also losing that part that we used to talk about in the early days of personal development, that we talked about in the old literary classics. This phrase or the words not us often anymore, but do you remember the old thing called ‘character development’?

Part of one of the supreme virtues of having character is having patience with people.

There’s a part of character that also says, ‘you know what, I need not only have patience with people, I need to help people.’ Part of real character is turning yourself from someone who’s frustrated with people all the time into more of a servant, into someone **with a servant’s heart** looking for way the help and give back to others.

As soon as you start desiring to want to help people, to help them through their pains and struggles, to help them understand something and to inspire them to do better things... once that becomes the lens you’re looking through in the world, ***now you’re not frustrated with everyone.***

Remember, everyone isn’t an idiot. Everyone isn’t bad or some other value judgment. Just think “They’re frustrated and challenged as well or they don’t know how to do this, or they don’t have the competency or capability, let me help them.”

This will attract supreme amount of patience that you'll have in your life and perspective about the reality of other people.

We can all make it supremely rare to get frustrated with people. Start by:

- Not honking at people in traffic.
- Not scream at my team members or holler at my family members.
- Not putting down friends, my teams, the people I serve, my partners or my audiences because I know we're all on a rough path here.
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Life is not easy, once we realize that we can accept that life isn't easy. Then we can start to gain more human heart and you start to understand there's no reason for you to be upset with people, because everyone is doing their best.

5. Release control.

Consider this, if we're always frustrated with people to accept a higher level of consciousness in our life it's not our job to control everybody.

It's not our job to control every situation. The idea that we can control everything is where we get frustrated. We're frustrated because we're lacking control.

Just remember 'this is a pretty big universe, there's probably a lot of random stuff that's going to happen that's crazy that we cannot anticipate, so our job is to be as present and patient and loving as we can into every situation we enter, even when the stuff hits the fan, even when the kids are running around breaking up the house, even when the teenager comes in and mouths off, even when the employee's a jerk, even when chaos strikes us.'

If we stay centered and loving, and we can do that over and over and over again wearing humanity's hat saying:

1. "I understand people are also dealing with things I don't know about."
2. "I understand people might not know what they're supposed to do."
3. "I understand people might not know how to do what they're supposed to do."
4. "I understand my role as a person of character is to have patience and a servant heart to help people."
5. "Finally, I understand that I can't control everything so I'm going to do the best that I can..."

When we can rise to that level of consciousness than we can more easily have what we call “The Charged Life.”

SUMMARY:

1. Keep perspective... People are struggling just like you.

Don't lose your connection with humanity's struggles. The person frustrating you might be dealing with difficulties and chaos you are unaware of.

2. Ask, “Have I been truly clear with people about what I think, want, and need?”

Most folks who you're frustrated with...they often don't know you. “Have I been truly and consistently clear about what I want and need from this person?”

3. Consider people's confidence and competence before you judge.

The reality is, they simply do not have the competence or confidence needed to do what we ask of them.

They don't have the training or information or experience, so we have to provide that. “This person may not know how to do this. I might need to coach them through this and help them.”

4. Make dealing with others well and with patience part of your character development.

One of the supreme virtues of having character is having patience with people.

As soon as you start desiring to want to help people, to help them through their pains and struggles, to help them understand something and to inspire them to do better things

5. Release control.

It's not your job to control every situation. Remember, Hill said, “The only thing we can truly control is our thoughts.”