

Q&A SHEET FOR MEDIA

- Q. With a title like *What To Do When People Get on Your Nerves*, I must say that your book was not what I expected?
- A. I'm sure I know what you mean. One might see or hear that title and think that it's another book that teaches us how to cope, manage, or handle difficult people, but I actually think there's a sufficient amount of books out there covering that subject. What I saw lacking was a resource that can show us how to get back to basics.
- Q. The subtitle states that it's a "Spiritual Guide with Practical Solutions" but there are those who might say, that if one is spiritual, one should not need such a guide.
- A. Well, I dare say, those who would make that statement would probably be individuals, who are not often faced with the challenge of consistently striving to take that higher ground, while living in the type of world that exist today. Believe me, there is a definitely need.
- Q. So you say we need to get back to basics, what do you mean exactly?
- A. There are two areas within a human being's life, when developed, or given a great deal of attention, can place us in a position where it matters very little what negative things someone outside of us may say or do, because we are simply not affected in a negative manner, and certainly not to the point where it would take its toll on our nervous systems. You see the title of the book is not *What To Do **With** People who get on your nerves*, it's *What To Do When People Get on Your Nerves*.
- Q. Ok, so what exactly are the two areas?
- A. One area involves the ability we have, as human beings, to maintain control within our own lives, and I mean to the fullest extent possible, regardless of what other people may say or do. The second is the incredible need we have to get back to utilizing one of the most powerful capabilities we possess, and that is to express genuine caring concern for one another. If we were to focus on developing in that area alone, I dare say that 90% of the problems we face, when encountering difficult people, and/or situations, would cease to be.

Q. So focusing more on ourselves while developing more concern for others, is what you think is needed or lacking, but it's our ability to show this caring concern, as you refer to it, that holds the most power?

A. Absolutely. I recall a scene from *I am Legend*, starring Will Smith, in which he went into this dark building, and the floor of that building was covered with money, lots of money, but nobody cared. No one was endeavoring to use it, or take it, they just walked, or ran over it, because as anyone knows who saw the movie – and for those listening who have not, you may wish to cover your ears for a moment – no one cared about that money, because it appeared that there were no human beings left who cared about anything, including life itself. I thought that scene was very significant because, one could gain all the power or wealth in the world, but if he or she never learned how to utilize one's capability to show caring concern, and I mean genuine caring concern, for other human beings, that person would leave this life having accomplished nothing of real value, and that's regardless of their belief system. I mean, there's a verse written within every Bible version I've ever read that states: "what does one profit if they should gain the whole world and lose their soul," but even if one does not believe in what's been preserved within Bible Versions, or claims no religious belief, it is an undeniable fact that his or her body will die, and leave the world as they know it, behind. So what type of legacy can one pass on who lack this capability?

Q Interesting question to ponder. So how does all of this tie into what one can do when people get on one's nerves?

A. Well, as I stated earlier, it all comes down to one of two things: either a lack of control in one's own life, or a lack of caring concern for someone else's, or it could be a combination of the two. Of course, the first most important thing we must be able to do is recognize where we are. A simple way to do that is to be aware of or examine the positions you find yourself in when you encounter issues with others. Generally speaking, we find ourselves in one of three positions:

We are either permitting the person or situation to get on our nerves, or we ask the person or situation to get on our nerves, or we make the person or situation get on our nerves

Q. It looks as if each position is pointing the finger at the person with the problem, instead of the people or situations causing the problem?

A. That's exactly right, because how you permit something, or someone to affect you has very little to do with others, or that which is outside of you? Like I mentioned earlier, there are plenty of books and resources that teach how to handle difficult people, and though I think most people don't wish to be handled, it is good to have the information provided by these sources, especially when dealing with individuals in the work place who are extremely prideful, arrogant or unreasonable, but that's not what I teach. I don't wish to make anyone a victim. If we make whatever it is about the other person, then what we can do about it is extremely limited, and it's dependent on someone outside of ourselves; someone we really have no control over.

Q. So when it comes to the subject of encounters with difficult people, the focus of most books is coping with the behavior of others, but your book's primary focus is not about handling other people but maintaining a handle on yourself?

A. Absolutely, because gaining knowledge regarding different personality types and how to deal with them, especially when it could affect your job or productivity, is great knowledge to have. But at the end of the day, you still have to go home with you, and though you may have dealt successfully with individuals on your job, it does not necessarily mean that the process did not have an adverse affect on your nervous system or other aspects of your being. The bottom line is: we can't control other people unless they choose, for whatever their reasons, to give control over to us, and there's rarely any guarantee of that happening. So, if one wishes to make life as satisfying and as stress free as possible, they have to start with exercising the control they have within their own lives.

Q. That's interesting. So, what approach can one take if they're in the first position you mentioned? That's when they're permitting people to affect them, right?

A. That's the one, and usually, we first experience being in that position as children. I mean, think about when you were a child, **name of host**; was there any child or peer that got on your nerves, or seemed to have made it their personal mission to ruin your childhood?

(Host answers)

A. I don't know if there is any human being that could answer "No" to that question. Ok, so think back, as this other child is getting on your nerves, or picking on you, and you're going through your changes, what are they going through?

(Host answers)

A. That's right, because they got what they wanted. They're satisfied, even if they're arguing with you, or started a fight, it's still what they were going for. When my son first started school, he was an only child, so since I grew up as an only child, I advised him not to resist when other children teased him; instead join in with them. Laugh and make fun of yourself with them. I told him it would accomplish two things, 1) it would not be what they were expecting or going for, and, 2) they would more than likely respect him for it, because it would cause him to appear confident and more secure than most of his peers. Now, if my son were experiencing this problem as an adult, I would have advised him differently; but since he was dealing with children, it worked for him. To this day his peers have a great deal of respect for him, and he learned how not to take himself so seriously, and to roll with the punches.

Q. So how does that translate to adults?

A. Position one for adults is pretty close to the same thing. It's when you are dealing with someone who has pushed your buttons in the past, and continues to do so. It's someone you have regular encounters with, who intentionally endeavors to get to you. In fact, someone else, familiar with the situation, may ask: "why do you let them get to you," and most of the time our reply is: "I don't know, they just get on my nerves." When in position one, you must first examine yourself to find out why this person's words or actions affect you in the way they do. You can't just assume it's all on them. Once you've done that, which is half the battle, then you can determine what unexpected thing you will do, or say, the next time. You see, human beings do not put forth energy or effort to do something unless it yields some type of wanted result. We have to get something out of it, or we don't do it. So, if the person does not get the response he or she is used to getting, or expects to get, eventually this person will stop whatever it is they're doing.

Q. But, wouldn't that be handling the other person?

A. No, because though it may affect what the other person is doing, your focus is not on changing that person. Your focus is on changing how you think about the situation, how you will do differently in order to maintain control within your own life, and how you are affected.

(Answer Continued)

The major difference is, one way yields a permanent effect that can benefit both of you, while focusing on how you can handle, control, or manipulate the other person is just a temporary fix in most cases. The latter is not very edifying.

Q. There's a chapter in your book titled, "Put Out," and what you wrote regarding Sentiment. You provide your readers with a test to find out if they are prone to making choices or decisions based on Sentiment. You then go on to write how detrimental sentiment can be. So do you believe there's never a need for sentiment? Not even among family members?

A. Especially among family members. We need compassion, we need kindness, and there are certainly times when we need sympathy and empathy, or other virtues; but sentiment, based on its most general meaning, which is to think with one's feelings—no—I don't believe there's any need for it, especially among family members, because that's where we're the most vulnerable. For example: sentiment can compel a mother to shelter her son even though she knows that he is a guilty fugitive. Sentiment will move a sister to loan her brother money that she cannot afford to lend, even though she knows she'll never see a dime of it again. Sentiment can prevent an individual from being able to use reason, or think logically enough to determine what choice would be the most beneficial for themselves or others.

Q. You use a real life example of a father housing his grown daughter who he consistently nags because she doesn't help clean or pay expenses. You write that sentiment prevented him from giving his daughter an ultimatum to either do as needed, or leave. What would you say to those who might think that's a little harsh or extreme?

A. We're not talking about a minor child here; the example was based on a true to life situation involving a young woman in her mid-twenties. But here's the thing, if she's given an ultimatum, that means she has a choice, which is a valuable lesson for her, because that's pretty much what determines the quality of our lives, the choices we make. It's not an unreasonable choice. Here you have someone, who has been kind enough to provide you with a roof over your head, (I mean you're grown now, so they have no obligation to provide you with anything), in addition they offer you very inexpensive accommodations. How terrible it is, to place this person in a position where they have to either give an ultimatum, or run their blood pressure up from all the talking and aggravation they experience due to your laziness and inconsideration. I mean, sentiment or no sentiment, putting someone out of your home is not easy to do, especially when you're dealing with your own child, but if you genuinely have caring concern for what is truly beneficial for this young adult, who more than likely will not always have you around, you will move those feelings aside, and you will do what you know will hopefully get your child's attention, and wake them up to the fact that this is reality, and there's no escaping it.

Q. So basically, it sounds like your saying, if you don't wish to be put out, then do what you're asked to do. Would it be safe to say that your book emphasizes the power and impact of our choices?

A. Yes, most definitely. Our ability to think and make choices is two of the most powerful abilities we have. The way we think determines our choices, while our choices determine the quality of our lives, it's really that simple. One bad choice can ruin one's entire life, so I am opposed to the use of sentiment or anything else that gets in the way of our ability to think or reason effectively. One of the most effective ways to prevent others from getting on your nerves, stressing you out, or finding yourself too often aggravated by people in general, is to learn how to first govern you; that is the household within you, which is a point and subject the book covers at great length.

Q. You've used the words "Caring Concern" quite often and it's a big part of what you write about. Tell our listeners exactly what you mean by "Caring Concern."

- A. We use the word Love a lot in our country, whether it's for our child, spouse, friend, or foe, we use the same word. There are other cultures that have different words that describe the type of love as it pertains to the individual or situation. Many of us have been introduced to the Greek word Agape, which is used in regard to the type of Love given to humans by THE ALMIGHTY, but even with knowing that, many are confused.

(Example)

For example, we're told that we should love our enemies, but it doesn't take a rocket scientist to figure out that the same love I would have for someone I have affection for could not possibly be the same love that I am supposed to have for my enemy. So, for clarification I use the words "caring concern"; it pretty much spells out what's expected of us. We do not have to like a person to have caring concern for them, we don't have to have affection for one that we show caring concern for; we don't even have to know those we have caring concern for.

I don't know how many are aware of this, but according to an article from *The Associated Press* a Witchaka Kansas woman was stabbed inside of a store on June 3, 2007, and was left there bleeding to death. Five shoppers in the convenience store stepped over this woman; they just walked over her. Oh let me correct myself, one did turn back to take a photograph with his cell phone. The woman's body died. If this type of ill regard for human life was isolated, I would not be here sharing this with you today, but it's not. We have a tendency to shake our heads regarding our youth, but it is extremely rare for a child. who grew up in a home that practiced caring concern and equity. to wish to perpetrate a massacre.

- Q. And you believe that the answer is as simple as developing caring concern for one another?
- A. That's actually the second step. The first step is to take responsibility for our own households, not the one outside of us, but within us. Even as adults, we have aspects of ourselves, or people – if you will – living within us who are still children, some still adolescents, and that's fine, that's to be expected, but some of us have folks in there jumping on the furniture, drinking from the milk carton, writing on the walls, while we just go about our lives, reacting, making choices, and, many times, making a mess due to these inner influences. It is extremely disruptive to our lives and relationships when we are clueless as to what's going on in there, what we could do differently, or how we've contributed to the messes we find ourselves in.

Q. With all the insight and practical advice your guide provides, one might expect something with five hundred or more pages, but instead the information is very concise.

A. You know, though, I have received wonderful reviews from those who are avid readers. I wrote *What To Do When People Get on Your Nerves* as a simple, easy to read guide that can show its readers where to start when it comes to these essential areas within our lives. It shows us how to get back to basics. So I intentionally used the old KISS principal, and kept it short and to the point, in hope of reaching those whose lives are so crowded that they have very little time to read thick, psychological-jargon-laden text. So I am pretty certain that those who just want something they can relate to, that can make a difference in their lives, will greatly appreciate it.

Q. Very good, I certainly hope our listeners have been benefited by what we've covered, but unfortunately we are about to run out of time, so it looks like we won't be able to cover the other two positions MoriEl mentioned, or their approaches, but you can learn more about this topic by reading MoriEl's book. The title again is, *What To Do When People Get On Your Nerves*, available online and in bookstores. But before we close, MoriEl, I mentioned during your introduction that you serve as a life-guide. Could you quickly explain to our listeners the difference between a life-guide and a life-coach.

A. Certainly. A life-coach, like any coach, becomes an involved player in helping you reach your goals, or plan your life, etc. My service as a life-guide is used in the same manner as you would use a guide to your TV or CD player; it's a resource that can be used for quick, straight answers. You would use the service for questions you feel are important to you, but are not as complex as those you might take to a life-coach or therapist or a pastor, although you can use the service for answers that are biblically based. It's especially helpful for those who have read the book or attended one of our seminars, and need help with applying some of the principles learned.

Host Concludes: Well thank you, MoriEl, for clearing that up for us. You can find articles, along with MoriEl's online life-guide services at:

AnswersOfInspiration.com.

End of Q&A