

The Buzz About **What To Do When People Get on Your Nerves**

“Reading and applying the principles of *What To Do When People Get on Your Nerves* will improve your self-esteem, enhance your communication skills and empower you to have a happier life.”

Eunice Lindenwhite
Executive Director, Community Services
Coalition and Certified Facilitator of Compassion Power Program

“Great Book! *What To Do When People Get on Your Nerves* is a fresh, introspective look at how best to grow, love and be at peace in a chaotic world.”

Charlene Taylor
President and CEO
Institute for Black Charities
www.blackcharities.net

“Another self help, manage your coworkers, keep a cool head book, I thought. **Not so, not so at all.** MoriEl Randolph gives you a fresh way of looking at your offenders, and your response to them. She guides you through your feelings and, more importantly, where they come from and how they govern behavior.

“This book should be required reading for anyone who has felt a rise in blood pressure, cussed, cried or became upset when someone got on their nerves. That would be all of us.”

Esther Williams
Recording Artist/Actress
Washington Jazz Arts Institute Board Officer
www.dcjazzmusic.org

The Buzz Continues

"What To Do When People Get on Your Nerves does a great job of informing readers how one can handle the challenges of the workplace, at home and in personal relationships. Her practical tips on handling people who get on your nerves make this an interesting read for any person who wants to become a better person."

Tracey Webb
Founder
Black Benefactors
blackbenefactors.org

"What To Do When People Get on Your Nerves offers the best of all worlds; the advice of a counselor combined with the love of a close friend tapered with spiritual insight.

"Finally a book that offers help for the whole person--mentally and spiritually."

Kepa Freeman
Executive Director
TeensExpress
www.teensexpress.org

"This book is an inspirational tool that has helped me self examine myself and my everyday situations. I encourage anyone who is looking for insight on how to handle people who get on your nerves to read this awesome book."

Marquita Barksdale
Educator
Calvary Christian Academy

What To Do When People Get on Your Nerves "is not only food for the spirit, it is also food for thought." "It teaches us "Caring Concern."

Patricia Conway
Grants Management Specialist
Efforts, Inc.

| Contents

DEDICATION	11
WHO SHOULD READ THIS BOOK	15
INTRODUCTION	19
CHAPTER I Life Is a B...beautiful Thing. It's People Who Can Act Like B...beasts!	24
CHAPTER II When People Get On Your Nerves In General Love or Caring Concern	32
CHAPTER III When People Get On Your Nerves At Work Co-Workers Ducks & Eagles Working with the Public For Business Owners Business Owners and Their Customers	50
CHAPTER IV When People Get On Your Nerves At Home Suppression & Repression The Members of Your Own Household When Your Spouse Gets on Your Nerves	74
CHAPTER V Put Out! How Sentimental Are You?	90
CHAPTER VI When You Just Don't Feel Like It Feelings Come & Go	102
CHAPTER VII Digging In Idealism or Reality? Putting On & Putting Off Road Rage Try a Little Humbleness	112
AFTER THOUGHTS & VITAL POINTS	128



Chapter 5

Put Out!



UP TO THIS point, our focus has been what we can change about ourselves, the things we can do in order to reduce or eliminate the effects that others may have on our nervous systems.

After all, we don't have control over those outside of ourselves.

In fact, generally speaking, as human beings, there's really very little we do have control over. Recognizing that fact is a rude awakening for many, but it's true nonetheless.

Think about it. We don't have control over the condition of the food or water we consume. We basically trust that what we buy from stores won't kill us. We don't have control over the condition of the air we breathe. If a contaminant were released that could wipe us out in a matter of minutes, there would be absolutely nothing we could do about it.

The list goes on and on.

Many times, we tend to think that we can change someone. But the fact is no one can enable another human being to change anything they don't wish to change. Furthermore, they need to want change for themselves far more than you do.

Learn from the founder of human life.

Though HE may intervene and come close enough to influence one's choice, the effect is only temporary if it was not a choice one would make on one's own.

Though HE may give human beings all the power they need to change, it will be of no avail if they choose not to put it to use.

If an individual makes the choice to accept your help and guidance, that's GREAT!

But it has to be his or her choice.

For seven years I ran a non-profit organization, now known as Teens Express. In fact, I still serve as its President. Our programs are geared to teaching youth powerful decision-making and other life skills through the arts.

At the end of each program we would recite the following:

**THE WAY I THINK
DETERMINES MY CHOICES AND DECISIONS,
AND MY CHOICES AND DECISIONS
DETERMINE THE QUALITY OF MY LIFE!**

It's a powerful statement and absolutely true.

So hopefully by now, if you had any doubts before, this guide has successfully convinced you to keep your control switch set on YOU.

But, what do you do about individuals who make lousy decisions that affect their lives and yours? What do you do with someone who claims to be your friend, while proving over and over again that he or she is not trustworthy?

What about relatives who are always taking, yet unwilling to give or do for themselves? ...

END OF PREVIEW