



# 7 Ways To Deal With Work Fuckery



**Fuckery:** (noun)

1. Pertains to a person, situation (or place) that considered ridiculous or nonsensical
2. An alternative to the word "Bullshit"

## 7 Ways to Deal with Work Fuckery

1. It's not about you
2. Wait before you send that reply
3. Remove yourself from the situation
4. Respond, don't React
5. Be aware of how you present yourself
6. Every situation is an energy exchange
7. What you think about you bring about

**#1 - It's not about you** - People are going through their own stuff. 9/10 times whatever someone is grumpy about or being difficult about is due to something going on with **them** and not *you*. You don't know what's going on in their life. Give people the benefit of the doubt. Did they miss the bus, ferry, car pool? Were their kids being difficult? Are their kids sick, parent's sick, spouse sick? Maybe they are just trying to hold everything together and the arbitrary work deadline is really looming? Put down the ego bottle and grab the can of empathy.

**#2 - Wait before you send that reply** - Many of my biggest professional regrets have come after furiously typing up email or twitter responses and sending those off to the recipient while in an agitated state. Emotions are part of being human and we should enjoy them but when we lack the relevant details/context, we are reacting based on someone pushing our buttons or using our triggers against us. We aren't responding in a mindful way. A good rule of thumb is that if your nostrils are flared and the heart rate is up don't hit the send button.

I've been working with a coach who has been teaching me about the shadow-self (the part of us that we are embarrassed about, scared of, or don't want the world to know we think about). The beauty of being human is that each of us possesses the capability to do the most evil, vile things AND also the most loving, compassionate, empathetic things. Free will gives us the opportunity to choose who we want to be. If we don't find and identify a way for the shadow self to be heard, for its emotions to be let out in a safe way, those words, emotions, and actions will eventually come out in your most vulnerable state. Whether that be after a few drinks, a long day, or in a moment of anger and frustration. When the nostrils flare and you feel you are losing control - take a pause and do #3 below.

**#3 - Remove yourself from the situation** - Tony Robbins talks frequently that in order to change your mental state you have to change your body. That's why at his events they have you jumping up and down and have uplifting music playing. What does this have to do with work fuckery? If you are in a bad mental state due to work shenanigans - leave the area! Go for a walk, go home, GTFO so you can do your mental reset (whatever that takes for you). Change your physical state to change your mental state!

**#4 - Respond, don't React** - External events don't control your internal feelings. Your thoughts/beliefs on those external things control how you feel. People say "you make me feel"...but no one outside of you can make you feel anything. It's important to understand that no one outside of you can MAKE you feel (internally) anything. What we focus on, we feel and every feeling stems from a thought/belief about an external event.

How we feel influences our actions. Our action can be either a REACTION (emotional) or RESPONSE (rational). For someone to "offend" or "hurt" us we have to allow those thoughts to effect internal feelings. Every feeling stems from a thought (even if it comes instantaneously or comes from one of your internal scripts). We can't control every thought that pops into our heads, but we can control which ones we focus on and therefore the feelings we have. Once we do that we have even more control over the actions we take based on our feelings.

I use this technique all the time with social media. While I intentionally focus on social media interactions going well (see #7) Occasionally one wont go so great or someone voices an opinion and my spiritual arrogance can kick in. Once I notice the "What the f\*\*k coming on or they "how dare they think that way" coming on. I pause, take a break, and come back to the discussion or just put the person on block.

**#5 - Be aware of how you present yourself** - Less of an "in the moment" action but more of a self-analysis before the fuckery starts. Give some thought to how others see you. This isn't worrying about what other people think of you type introspection, rather it's how other people SEE you introspection. Are you agreeable? Are you willing to be a team player? Are you willing to see or listen to the other person's argument? Are you constantly proving to everyone you are the smartest person in the room? Is this your 5th job and you are still surrounded by a\$\$holes? Are you perhaps the a\$\$hole? Are you always the victim?

**#6 - Every situation is an energy exchange** - How you can think about this topic is you have a finite amount of "energetic currency" - let's say 20 coins. Each thing you put your energy into (or upon) takes up a coin. To put your energy into the 21st thing means you have to drop one of the previous things that was holding your coin. Sometimes this is great as you free up a coin to focus on something you want to, the rest of the time we take energy away from something we DO want to focus on or we don't have any coins for the NEW thing we want to focus on.

If we take the approach that every interaction on the internet, workplace, relationship, or at home takes up a coin we can start to be conscious of where to deploy them. Is that comment on twitter worth your coin? Is that a\$\$hole co-worker worth your coin? If you can get present in the situation, you get to choose if you want to allocate a coin to the situation.

**#7 - What you think about you bring about** - You've heard this one as Thoughts Become Things or Law of Attraction. If we take on the idea that the thoughts we spend time on come to us in this reality, would you spend time on having positive actions with our co-workers or negative ones? Do we imagine that uncomfortable meeting ending on a positive note or negative one? Every flight I take I repeat that I'm going to have a great flight and 99/100 times I do. If you are about to go into a meeting with a difficult co-worker (assuming that difficult co-worker isn't you :) ) do you imagine that meeting going well or poorly? I've put this into action at my job and all the people that are "hard to work with" I've had no problems with. In fact one of the people that I was told to watch out for has been a huge ally for me. What you think about you bring about!