



Article Title: Dance with the Hun

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“That is it! I am not dealing with you anymore, no trust, no deal!” You have experienced that feeling of “I don’t care, just get this person out of my space” before haven’t you? I have had the fortunate experiences dealing with some people; BULLY, is the only word to describe who they are. Meeting with them is like going into the lions den – a lamb to the slaughter! One guy in particular let’s call him, Hank; will trample anyone in his way with a vengeance. We were working on a project that eventually might lead to re-structuring and he believes it was going to impact on his survival in the company. He was at war; attacks with threats, verbal insults to your face, makes dirty deals behind your back and tarnishes your reputation with fabricated facts. My project was sinking fast and Hank was winning the war.

Searching for inspiration to deal with Hank, I realised I needed to change. I had to change my negative feelings and respond differently. I needed to “neutralise” how I felt. As soon as I did that, many more resourceful, creative and effective options opened up for me.

Here is one of the ways I “neutralised” the negative emotional charge to turn the table around. I invite you to do the following and find out how effective it is for yourself.

- Imagine the person who you feel negative about.
- Notice where he or she is located in this mental picture. Maybe this person is right in front of you or to the side of you.
- Notice the colour of this mental picture. Is it in black and white or in colour? Change it from colour to black and white.
- Is there a tempo associated with the picture? Slow the tempo right down.
- Now, make the mental picture very small, and push it as far as you can, to the point you do not even see it. Even better still, push it to the back of you, far away into the distance beyond time and space.

I am sure you will find it as effective as I did.

Please feel free to share this tip and you are most well come to share your experience and tell me what other tips you would like to know, Email me with your request at sonya@blue-skytransformation.com