

Title:

Controlled By Beliefs!

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656

Summary:

Have you ever had someone attacking you and you can't figure out why?

It happens more than we realize. Quite often, an angry or even violent reaction from another

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Article Body:

Have you ever had someone attacking you and you can't figure out why?

They may say it is because of something you said, did or wrote, yet you know that it had nothing

This happens more than we realize. And knowing how to recognize it and how to deal with it, is

You see, when our inner beliefs are challenged, when tend to go into protection mode. It can s

Many if not most of them were developed in our childhood when we were learning how to survive

This is why, you can have two or more people in the identical situation and they all react dif

When we look at these beliefs, we can find that many of them no longer serve us. One destruct

I have seen people shake and go red when someone else gives a different perspective on an issu

So, what do you do when some one is freaking at you?

Getting mad or shouting back rarely if ever resolves the situation. This will only escalate th

It is important to remain as calm as possible and ask, "Why are you angry?"

The answer at first will probably be about what you said or did. Then repeat the question and

However, there are situations where it's best to get away from the person for safety reasons.

Most people don't even understand that they are reacting to something else and if given a chan

It also helps to have a third party suggest that the person look at the real issue. Many psych

Actually, we can all do this. Start noting when you are reacting instead of responding and the

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