

How to Stop Rudeness

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Every time you want to make fun of someone who shares your life, every time you give in to the temptation to point out his or her faults, take a close look at the details you focus on. Has anyone ever said the same kinds of things to you?

We tend to project our unconscious self-criticism onto others close to us. I had a husband once who accused me of having no pride. I took that as a compliment, assuming as I did at the time that pride usually "goeth before a fall" and causes more trouble in this world than money, sex, politics, or religion. After a few years I realized that he felt no pride in himself.

When I feel critical of people close to me, I discover, if I'm specific in my criticism, that I'm only talking to myself.

Try it next time you want to chew on a bone of contention. Find the humor inherent in pre-conscious behavior.

How to Keep Rude People Out of your Brain

I used to have a sign in my classroom that read, "Life is too short to spend time around rude people." The most difficult, miserable and obnoxious high school students were never rude to me. If they just looked rude, I just pointed to the sign.

How many offices have such a sign?

Here is a related article by Neil Slade.

ANGER MANAGEMENT

Ah yes, anybody but me notice an increase in angry

white middle class males lately?

I suspect it has to do with a dragging economy, non-fulfillment of deeper needs (since failing materialism is bad dope these days)-

Anyway, it brings up a dilemma, and probably a rather common one, which I am sure I am not the only one to face- it's this exactly-

You're minding your own business, having a good day, then out of left field comes this ANGRY person who takes it out on you in one way or another.

And you know you've done nothing wrong.

The dilemma is this-- this person is CLICKED BACKWARDS into reptilian-brained reactive temper tantrum, and wants to drag you down to his level.

Why? A variety of reasons, maybe if they can blame somebody else for something, they'll feel some kind of relief, satisfaction, who knows-- reptilian insanity leads nowhere. The fact is- these people are out there, and THEY ARE GOING TO FIND YOU at least a couple of times a week.

Anticipate it. It IS going to happen. Absolutely.

So, what do you do? Do you find yourself getting wrangled in- getting caught in their web of senseless stupidity and frustration? Tangled up in 99% Dormant Brained Idiocy?

Its REALLY annoying, drains your energy, ruins your day, etc.

How do you deal with this?

Okay: Here's the tactic I've taken recently. It's a matter of how you perceive brain energy.....

In your head you've got this wonderful, let's say, BLUE PEARL of CONSCIOUSNESS. It's your NICE state of mind/brain.

It's YOURS.

You made it. Your nice state of brain is something you MADE with your frontal lobes intelligence.

It's a REAL THING. It's your possession, just like your car, your couch, your guitar, and your toaster.

This is Your BEAUTIFUL Calm Peace, State of Mind. Just like a real jewel inside your head.

You earned it. You made it.

It's an energy field inside your brain made up of carefully constructed chemical electrical networks. Ahhh!! Feels good.

Sudden, there's this person who comes into your brain neighborhood.

Instead of having a nice positive glowing SUNSHINE mind-- this person has a

ENTROPY Chaos Negative Wormhole in their brain.

Just like in space, this wormhole wants to SUCK EVERYTHING AROUND IT into it, tearing apart everything in the process of sucking everything in, never to be seen again. A living giant vacuum cleaner. A SUCK WORM alien in a human ape suit.

What are you going to do?

Are you going to let this WORMHOLE reptilian STEAL YOUR SUNSHINE Mind?

No, of course not.

No more than you would open the front door of your house and put up a sign- "Here, ransack my house and destroy everything."

You are going to simply click forward the next time one of these people floats by your heavenly planet pearl Frontal Lobes together Brain and say--

"Sorry, you can't come in here. You can not have my brain."
:-)

Don't let ANYBODY steal your brain.
Ever.

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