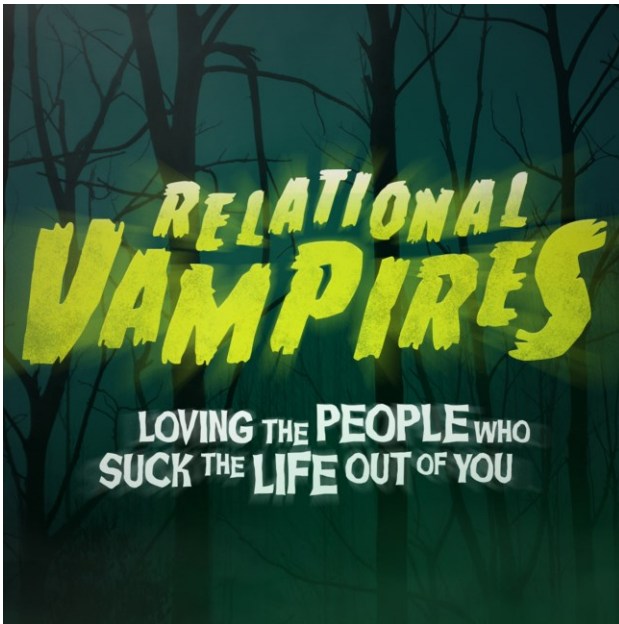


Relational Vampires

Part 10:
Keeping the Crazy-Makers
From Making You Crazy!



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Keeping the Crazy-Makers From Making You Crazy!

How to Deal with Difficult People

1. Refuse to be _____ .

Don't take it personally. When people are rude, they are revealing themselves, not you. (They're telling you what's in *them*, not what's in *you*.)

The Bible says: "When a fool is annoyed, he quickly lets it be known. Wise people will ignore an insult." (Proverbs 12:16)

We need to pray: "Lord, give me a tender heart and a tough hide."

Remember this: How mature you are emotionally and spiritually is largely revealed by how you respond to those who mistreat you.

2. Refuse resentment: Don't wait for _____ .

Resentment is like drinking poison and hoping it's going to kill the other person.

The example of Jesus: "Father, forgive them. They don't know what they're doing." (Luke 23:34)

3. Refuse to _____ .

"Disregarding other people's faults preserves love. But gossiping about them separates even close friends." (Proverbs 17:9)

When we start gossiping about the crazy-makers, they win. (They're controlling your conversation, emotions, time, and agenda.)

4. Refuse to _____ .

Crazy-makers don't come to their position through reason, so you can't reason them out of it.

“Motivated Reasoning” – I look for reasons to justify my feelings. In other words, I look for a reason for doing something because I *feel* this way, so I need a reason to do it.

The example of Jesus: “The Pharisees plotted a way to trap Jesus into saying something damaging. Jesus knew they were up to no good. He said, ‘Why are you playing these games with me? Why are you trying to trap me?’” (Matthew 22:15-19)

5. Refuse retaliation: Always _____ .

You cannot control what other people say about you. You cannot control how they think of you. But you do have 100 percent control over how you respond.

“Ask God to bless those who persecute you – yes, ask Him to bless, not curse.” (Romans 12:14)

“When a man’s ways are pleasing to the Lord, He makes even his enemies live at peace with him.” (Proverbs 16:7)

Choose to Refuse