

Positively Overcoming People Challenges

By Frenetta Tate

You might say or hear someone else say, *"If I didn't have to deal with people, I'd be alright and life would be great!"* Unfortunately, we can't have it that way. We must deal with people daily but we don't have to deal with people's issues daily, we don't have to take on their burdens, be their emotional and mental garbage dump or allow them to hurt us or treat us any kind of way. So, I want to share some points with you.

These eight points are activated in my life and I try my best to keep them at the forefront every single day. These are for you to think about when you are having challenges with other people. I am asking you to consider and adopt them as a part of *your mantras of your life*. Remember that it all starts and ends with you. Your response to whatever situation you face determines the experience that you will have. *These considerations lean heavily on your actions, as opposed to what you think the other person should or should not do.*

We cannot change other people; we can only change ourselves. So, I hope you will consider these tips and strategies that I believe will lead you to success in your life and with other people.

1. *Consider* that it is how you respond to what happens to you that determines your experience, whether negative or positive. You decide. It is not about the other person. **It is how you handle the situation.** Let the Peace of God and His wisdom rule and direct your actions and responses.
2. *Consider* that you choose whether you want to engage or entertain in situations. **You choose which situations are worth your time**, even when it seems as though you have no choice. You do. You don't have to engage or entertain that which does not build up or benefit. You don't have to engage or entertain that which depresses you, stresses you and makes you want to choke somebody.
3. *Consider* that you don't have to be a part of the drama. You choose to be. Recognize that it is a choice. Walk away, change the subject by moving the talk to a more positive side or cut the conversation a bit short. **You are not at the mercy of other people's foolishness and issues.** Love them and pray for them, if you are so led.
4. *Consider* that you can't control what other people do; **You can only regulate yourself** and in doing so, you are the positive influencer in your environments and situations.
5. *Consider* shaking off the burdensome weight and giving it to God, let Him handle it; let Him fight your battle, if it truly is a battle. Let Him turn the situation around and **You take your hands off of it** and then allow the love, mercy, grace, peace, forgiveness and protection of God flow in and through you.
6. *Consider* not allowing other people to lure you into a false sense of responsibility or guilt. **Take responsibility for your personal actions or non-actions.** That is all that's required.
7. *Consider* not allowing other people to 'get your goat', 'get under your skin' or 'get the best of you'; they do not deserve such power. **Hold your peace, yet do your part.**
8. Lastly, *consider* not letting anyone hold you back from being your best. **You've got to have an internal determination that no matter what; you are going to be your best and give your best**, no matter what others say or what they understand. They are not going to always understand, embrace or support. But never give up on yourself. If they do not receive you, shake them off and keep moving!

Share Your Story: What people challenges are you going to overcome, today?

Frenetta Tate is a Motivational Orator, International Author, Women's Empowerment Coach, Business Consultant and Partner. Learn more at <http://www.frenettatate.com>

Twitter:@frenettatate Instagram:@iamfrenettatate