

5 Tips To Think On Your Feet In Difficult Situations

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1. Listen Carefully

Listen carefully to what others are saying instead of wishing they weren't saying what they said! Your ability to understand their perspective enables you to move toward a resolution.

2. Focus

Focus on the content not your emotions – or theirs! When emotions run high, they run your life. Stay in control of your thoughts.

3. Remain Objective

Remain objective and focused even though you may be angry or frustrated at them. Refuse to be pulled in by their comments or insults.

4. Change Self-Talk

Change your self-talk to the facts that they have a right to their opinions and you have a right to yours. Consider where you can meet in the middle.

5. Remain Calm

Tell yourself to remain calm and breath so you can speak your truth and state your position. If they refuse to consider or listen to you, remove yourself politely and suggest you both take time to regroup. About 20 minutes. That gives your brain waves time to settle and your thoughts to emerge with a more balanced perspective.

Summary

Your ability to handle yourself in difficult situations is determined by how well you control your thoughts and emotions in the moment. With practice, you're able to remain neutral and to focus on results with respect instead of regret with resentment.

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