Please read chapter 12.

CHAPTER 12: DIFFICULT PEOPLE

We all come across people we find difficult. In this chapter Rob says there are two kinds of difficult people: 'builders' and 'destroyers'. He explains that 'builders' only pick us up on things to help us grow – they are on our side. 'Destroyers' only want to bring us down.

✎ In the box below, write a list of those who will freely tell you what they think. Now cross out those who you think don't have your best interest at heart.

✎ Now pick one of the ones you crossed out and write about how they make you feel when you are around them.

✎ Choose someone you didn't cross out from the list and write about how they make you feel when you are around them.

Rob suggests there are times when we simply have to learn to live with difficult people.

✎ When is it **not** appropriate to simply live with someone behaving in a difficult way?

✎ What kind of behaviour should we not have to put up with?

✎ Write down the things you know that can make you a difficult person.

✎ Perhaps doing this exercise has helped you realise that you have been a difficult person in someone else's life. You could write an apology letter, a poem, or just a few words to say how you feel. You don't have to send it. Just write down your thoughts and what you would say to apologise.

Something to think about ...

✎ What wisdom are you going to take away from this chapter and how will you use it in your own life?

Need help?

If this topic brought up issues you are struggling with, you may find talking with someone will help you with your thoughts and feelings. Consider speaking with the prison chaplain or the person who gave you these notes.

Next time ...

The next session will look at ways to keep fun in your life and living beyond your fears from chapters 13 and 14.

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