

## 7 Things To Do When People Are Getting On Your Nerves

- 1) When dealing with someone with a reputation of being somewhat obnoxious, you may try being honest with that individual. It's a simple solution, but chances are no one else has tried it. However, you must do it out of caring-concern, not anger. Once they know what you think of their behavior, more than likely they will either stay away, or at least act differently around you. If not, you're now in a more comfortable position to excuse yourself from his or her presence as you gently say, "I told you about that."
- 2) When having to repeatedly tell someone to do something gets on your nerves, stop talking and start strategizing. Nagging carries very little consequence. Actions truly do speak louder than words. Come up with a plan and, after one or two warnings, implement that plan.
- 3) When dealing with someone whose bad choices or foolishness drives you up a wall, ask yourself: why do you expose yourself to the aggravation. Move sentiment (i.e., thinking with your feelings) out of the way, and consider whether the individual should continue to have a part in your life. After all, it is your life, you do have a say as to who is or is not a part of it.
- 4) When faced with strangers getting on your nerves, endeavor to look past whatever aggravating or obnoxious thing they may be doing and imagine what they were like as a child. You will be amazed at the positive affect this exercise will have on both your nervous system and attitude.
- 5) When being held in traffic gets on your nerves, think of the possibility that the hindrance may be protecting you from being in the wrong place at the wrong time.
- 6) When you have to work or have dealings with someone who intentionally endeavors to get on your nerves, instead of giving in, determine to take a higher road by doing something unexpected, for example: right after the individual's vexing statement or deed, look at that person for a few moments, smile, call their name and then say, "I love you." Regardless of the person's reaction, I guarantee it will leave you feeling so satisfied and in control.
- 7) When the vexation you experience with others is often and with many, make sure to take out time to examine when and why you are affected. The problem might lie within you.

MoriEl Randolph is the author of What To Do When People Get on Your Nerves and Life Guide for [Answersofinspiration.com](http://Answersofinspiration.com). You can order her books at [freshviewbooks.com](http://freshviewbooks.com). You can also sign up for her free Tips 2 Live By ezine at [tips2liveby.com](http://tips2liveby.com).