

Quick Tip #29 Don't Take It Personal - 3:16:21, 1.55 PM

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SPEAKERS

Jessica Lauren

J Jessica Lauren 00:00
Hey, it's your girl Jessica Lauren, and I am coming to you with this week's quick tip. Today, I want you to do something that's a little bit easier said than done, trust me out and tried it and is true. Today I want you to remember not to take everything. so personal. I think a lot of times when we're interacting with each other, we tend to forget that everyone has their own realities, perspectives, dramas, traumas, baggage, the whole nine. And sometimes when we come face to face with people that are rude, or dismissive, or demeaning, or aggressive or passive aggressive, whether their co workers, family, friends, whoever people were asked to do, it is so easy for us to fall into the trap of matching their energy, right? You give me attitude, I'm gonna give it right back to you. But one of the things that I've been doing to try to protect my own peace is to remember, everything that comes my way is not for me. Some people are dealing with their own internal turmoil, but they have no choice then projected onto someone else because they don't know how to take care of it within themselves. So what do they do, they lash out, cushy out, cut you off. Just do stuff behind your back be passive aggressive drop hits, instead of being straight up clear with what they are, they present you with problems that you know and got nothing to do with you. But maybe it's involved with their childhood, their relationship, their their relationship to their children or their mother, right? But it is so easy, even if you know that to fall into the trap of fighting with them or arguing with them or try to plead your case or defend yourself. And for what right. Especially when you know like I said they

got their own baggage and is misappropriated anger is misappropriated rage or tension or whatever. And so of course, like any human, you want to say you're not going to talk to me like that. You're not going to do X, Y and Z like that to me Oh no, baby, I'm not accepting that right? I used to do that all the time. Be ready to go ready to fight ready to cut somebody out. But my piece is not like my piece is worth so much more than trying to prove myself that I'm right. That I don't even do that anymore. So when somebody comes at me sideways, and I know is truly sideways is not my ego thinking like oh, Jessica, you do nothing wrong. When people come to me and tell me I they're wrong. And I genuinely do wrong. I will fess up to it. Me and my coworker Gabby, I love her so much. But we have two different working styles. And I am very direct when it comes to work. I want things to be clear and concise. I don't want to hem and haw over it. You know I just want you to say yes or no i don't i don't like like all this brainstorm and what if and what it doing all that I don't like it. I'm a very direct worker. And Gabby I love her so much. She is a calmer outer right? She's going to comb the topic out and see if there's a different way or a different angle. Or you know, she'll be like, hey, Jessica, what do you think? And I'm like girl, what do you think is so a lot of times we bump heads and I can feel when I've been wrong she don't even have to tell me I go up to her and be like Gabby you know what I am so sorry. I was a little abrasive. It's just my communication style regardless, I see that I hurt your feelings I'm sorry right so there are times when you know you straight up wrong and somebody you bring it to your attention Gabby be like Jessica you hurt my feelings and I'm like girl I'm so sorry me and Gabby have had so many hugging out moments at work it ain't even funny that is my little sister levy Gabby if you listen, but then there are other times when people bring mess up to you and you know see you You bring in their trauma from home into this workspace or you bring it trauma from school back home with you that'll have nothing to do with me now you can get in a tip the top of them or you can remember not to take things personally to keep in mind that hey, they just recently lost a job so they a little bit upset or Hey, she's going through a divorce so she's a little bit on the the roughest Saturdays or Hey, you know what? She's She's She's having issues with her self esteem lately, right? So when she say you didn't compliment me on my hair, you're a girl. You know what I mean? But you can understand it but you don't have to engage with it. So what do you do? Well, you could just listen. Hey, I hear you just be in a listening ear. Half the time will defuse all situations I hear you and just try to be open to them. Let them get it off their shoulders. If you feel is proper to apologize like a lot of times, we are unaware have our own behavior. But if you feel like Okay, um, you know, I apologize. I didn't mean to do that. But here's what I don't want you to do. I don't want you to get caught up in this spiral that I used to get caught up there. See, I'm a bad person everybody hates me everything I do is wrong. I'm a bad person everything I do is wrong. I can't even be myself because she gonna think I'm mad at her and I'm just good no ended there because again, a lot of people are projecting and to protect your energy is okay this listen and and to apologize if they you know, have a bone to pick with you that's valid. But otherwise, let

that stuff roll off of your back and do not engage with it right? Because is none of your business people will make it their business. Because instead of sitting down and doing the work and writing in a journal and going to therapy or going to group counseling or or seeking out their Bible or their past, or whoever the rabbi, they'd much rather curse you out for it, right? Because it's easier to place our drama on someone else. But I am here to tell you that you are not responsible for anybody else's chaos. You're just not. You don't have to be anybody's emotional support dog. You don't have to be a whipping boy, you don't have to beat a mat that this muddy boots all over. Right? It is okay for you to say I'm not engaging in that because that's the one you right. So today, try your hardest when things come your way. And you know, for certain like you didn't do anything wrong, you know, you didn't deserve to be treated like that. to not take it personally still stand up for yourself, right? still have that tough conversation. I did a whole episode on how to tackle tough conversations with those you love or work with. Go check that out. But otherwise, just keep your peace and know that ain't got nothing to do with me. I wish you well I pray for you. I'm you know, whatever the case may be, but I'm not. I'm not making myself feel less than not worthy enough. Not a good friend enough. Not a good daughter enough. Because you go on through something. And until you say hey, you know what, can I talk to you? I need to vent I'm going through some things, then I can, you know, be a sense of support for you. But I'm not gonna let you run all over me because you ain't dealing with going on within you. So try your hardest. Don't take things personal today. Okay, just keep it moving. Pray for these people. Because people are hurting, right? And people are lashing out because the perhaps there is no hope in their lives. But you don't have to go down with that ship with them. Right? And that's who this episode is for. I used to be that person and sometimes I still struggle with it. When somebody else is mad, then my day is ruined. But God didn't bless me with 24 hours to let one person ruin all of them. Now, you know again, the disclaimer unless I am responsible for that call. I'm warming up and take take my licks but if I didn't do nothing wrong and you come at me sideways, go You don't have to take that back. Take that energy back. I do not receive that. Okay, so that's it for today's quick tip. Thank you so much for tuning in. As always, if you want to hang out with me outside of just the podcast Be sure to hang out over on Instagram The handle is at the Sunday jumpstart. Do me a favor leave a five star rating review in Apple podcast share with a friend. As always I love you stay encouraged finish this week strong and I will be back this Sunday with a full length episode.