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CHURCH OF BAKERSFIELD
"A POSITIVE PLACE TO GROW!"

Today's Lesson
Living in Process – The Energy Zappers

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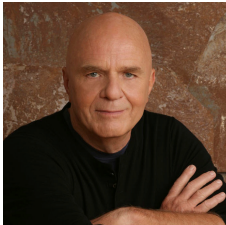
There are some people who always seem angry, and continuously look for conflict.

Walk away; the battle they are fighting isn't with you, it is with themselves.

facebook / The Optimism Revolution

Energy zappers, they are all around us. They are the difficult people that show up in our lives when we least expect them.

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The late Wayne Dyer had this to say about negativity.

“No one can create negativity or stress within you. Only you can do that by virtue of how you process your world.”

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Life coach, Amanda Scocozzo, C.P.C. shares what it is like to be in the presence of an energy zapper:

Just being in this person's presence is enough to make you feel drained and exhausted.

They often consume your thoughts and time, and not in a good way.

An energy zapper tends to complain all the time and offers very little positive contribution to any conversation.


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They think the world is against them, and gravitate toward the victim mode by intruding into your life breaking through personal boundaries.

They criticize everyone for everything they do taking no responsibility for their own problems.

After being around them you feel exhausted and drained, as if you have not slept in days.

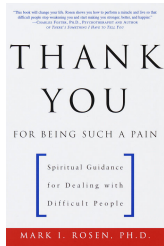
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How can we stop the difficult people from zapping our energy?

In his book, [Thank You For Being Such a Pain: Spiritual Guidance for Dealing With Difficult People](#), Dr. Mark I. Rosen shares his insights.

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Thank You for Being Such a Pain is about the difficulties we experience in everyday relationships and the deeper spiritual meanings the underline them. This book is based on four premises:

1) that life's seemingly random encounters are not so random after all;

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2) that the pain, frustration, and suffering we experience with certain people are just as important for our personal and spiritual growth as love and joy—adversity is our teacher, pushing past our resistance and teaching us what we would fail to otherwise learn;

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3) that difficult relationships can and should be healed; and

4) that healing requires being attentive to the spiritual lessons that life presents us – when we do the inner work we are here to do, our outer relationships and circumstances become transformed.

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We all know that any change, any transformation of one's life, must come from within them. It starts and ends in our minds.



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Someone once said, *The Bible tells us to love our neighbors, and also to love our enemies; probably because they are generally the same people.*

As with any transformation process that we wish to engage there has to be an element of understanding. When we understand the “why’s” of what is happening we can better direct our thoughts and actions.

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First step to understanding the energy zappers in our lives is this:

Difficult People: There's No Escaping Them. They bedevil us, sap our energy and distract us, causing us minor annoyance and major distress. We protest, complain, and struggle to cope—sometimes successfully, often uselessly. People have been making other people miserable for thousands of years.

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The Bible is filled with stories of people who do terrible things to each other. Every time we deal with a difficult person, we face one of the dilemmas of being human.

The key to remember here is that when you are struggling with a difficult person, know that you are not alone. Part of living in process you will continue to face difficult people wherever you go there's no escaping them.

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The second step is to understand this:

What Makes Someone Difficult?

Difficult people come in all forms: Bullies use their power to intimidate; back-stabbers are pleasant in person but turn on you the minute you turn your back; Know-it-alls are always right; Hotheads explode at the drop of a hat.

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A difficult person can be a stranger, a neighbor, a teacher, someone at work, a relative, a spouse. Each time we have an encounter with a difficult person, we have a very uncomfortable emotional reaction.

The key to the question of what makes someone difficult is that we really don't know, but this much is certain: no matter who it is, and no matter what is being done to us, a difficult person is someone who causes us to feel things we'd rather not be feeling.

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The third step is trying to understand this:

Why Do Some People Drive Us Crazy?

Who we find difficult and who doesn't bother us is different for each person.

Case in point: Sam and Sally – Sam hates people who talk during a movie. Sally loves it and doesn't enjoy a movie unless someone is making colorful remarks about the movie and the characters.

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People are not difficult because of what they do – they are difficult because they illicit the experience of unpleasant emotions in us as a result of their behavior.

The key for us in this step is to know that an important starting point for dealing with difficult people is to pay attention to what is going on inside of us, not just what the difficult person is doing.

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The fourth step in our understanding the energy zappers is in how we see the world:

Ways of Seeing Difficult People.

We like to think that we see the world clearly. Who of us have not be exposed to a behavior of someone close to us that say's: *"I know what's right, and you're not doing it, therefore you're wrong and being difficult."*

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It's amazing how many people believe that their view of reality is the accurate one. In actuality, there are several truths. There is our truth, the truth of the person with whom we're having the difficulties, and the truth of any witness or bystander observing the situation. When we view our difficulties, our interpretations are based on how we feel at the moment.

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If we are tired, or angry, or suspicious, we will experience an interaction with a difficult person differently than when we are feeling good. We filter each encounter through our history, our life experiences, all our hurts and mistakes.

The key to this aspect is to know that when dealing with a difficult person, it is important that you be open to new ways of viewing the situation.

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After all, if your current perceptions and assumptions about the difficulties were entirely accurate, you would probably have solved your problems by now.

