

16 Skills to Help Us Get Along With Almost Everyone We Meet

Practice these skills while asking for God's wisdom and guidance. Enjoy the good feelings that come from using these skills effectively.

1.	Remind ourselves that we are made in the image of God (<i>Gen. 1:26–27; Ps. 139:13–14</i>). Our worth as a person is secure and does not rest on the approval or disapproval of other people.
2.	Let go of all “have to’s” and “shoulds” in our thinking. Work with reality; don’t fight it. Be more accurate, realistic, and grown-up in our thinking.
3.	Let go of trying to change the other person. We usually get caught in a test of wills. Instead, learn how to change ourselves so we are more effective in dealing with them.
4.	Be in charge of our own choices. God made us to be a choice-maker. Choose Life (<i>Deut. 30:19</i>). Remind ourselves: “I am not a victim.”
5.	State what we are “willing” and “not willing” to do. This is how we stay in control of ourselves rather than giving in or trying to control others. Self-control is a fruit of the Spirit (<i>Gal. 5:22</i>).
6.	Use first-person “I statements” rather than “you statements.” “You” feels accusative. “I statements” help us stay focused on representing ourselves accurately instead of focusing on the other person’s behavior.
7.	Use a “Salt and Pepper” tone of voice. It’s the same tone of voice used in asking for salt and pepper. A soft answer turns away wrath (<i>Prov. 15:1</i>).
8.	Say “Help me understand.” Be curious to learn something about them. Understanding and cooperation are more likely to happen.
9.	Say, “That’s not accurate.” This is more effective than saying, “That’s a lie,” or “You’re wrong.”
10.	Say, “Let me think about it.” This gives us time and distance to think things over before deciding.
11.	Do a reality check. Make sure our perspective is accurate, realistic, or factual by checking it out.
12.	Use a broken record. Repeat our original idea, position, questions, etc., 2–3 times is sufficient.
13.	Use negative inquiry. Take a negative accusation and turn it into a question, i.e., “In what way...?”
14.	Use a negative assertion. Take a negative accusation and affirm that, “From your point of view...”
15.	Let others play their crazy games. They are made in God’s image also. Remember, they are hiding the kid they used to be behind the crazy games they play now as an adult.
16.	Know it’s okay for you to be you. Be kind to yourself. Learn to be your own best friend or you will be your own worst enemy.

(Source: ImageBearers International, *Self-Esteem by God’s Design* — Dr. Larry Day)

¹ *Self-Esteem by God’s Design* — Dr. Larry Day

² *Feeling Good* — Dr. David Burns

³ *Boundaries* — Dr. Henry Cloud & Dr. John Townsend

⁴ *Your Erroneous Zones* — Dr. Wayne Dyer

⁶ *Transparent Self* — Dr. Sydney Jourard

⁸ *Do I Have to Give Up Me to Be Loved by You?* — Drs. Paul & Paul

¹³ *When I Say No I Feel Guilty* — Manuel Smith