

## Attitude: Does my Attitude Really Make a Difference?

Guess what, our attitudes really do make a difference: a difference in how we feel and also how we respond to others who do things differently than we do. I was reminded of this fact the other day. I was conducting a training with a co-trainer whose style is quite different than mine. He was facilitating a discussion when I began to notice that I was feeling annoyed and very judgmental about what he was doing.

I started saying to myself, "Well, I would never say that to participants" followed by, "He is getting off track". This inner dialogue continued to the point when I realized I had become a bundle of nerves, and I wanted to yell, "STOP, time-out!"

Fortunately, when I realized what I was doing, I stepped out of the room, calmed myself down and began to shift my inner dialogue from, "He is doing it all wrong" to "He has a different style than I have, and there is not much I can do about it but accept that reality. Period. He wasn't saying things that were incorrect; he was simply leading the discussion in a way that didn't suit me or match my style.

Why I bring this up is because many of us add a lot of stress and unhappiness to our lives when we work with colleagues whose approach or orientation is different than ours. In those instances, it is a good reminder to ask oneself, "Is this person doing something incorrectly or is he/she doing something in a way that is different from the way I would do it? Asking that question allows us to reflect on the reality of our situation vs. automatically succumbing to anger and judgment when someone's approach or style is different than ours.

Next time you find yourself wanting to yell, "STOP, time-out!"; then, step back and reflect on the situation with honesty; it may make all the difference in your attitude.

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