

How to Deal with Someone Difficult in Your Relationship



By Elizabeth Davis

The reality of human interaction is one of both inevitability and need for acceptance since it often goes against one's favor. This is especially true for those who are difficult to deal with, and one may even become your better half. For better or for worse, it's still a drag when you have to deal with a partner who may not be as agreeable as you would have hoped.

It's understandably hard to stay calm and collected when the stress of having to deal with someone difficult on a daily

basis starts getting to you. Of course, the last thing you need is to lash out and go crazy all of a sudden, which is not a very good thing for anyone. Here are a few things that you can remember in order to deal with such a person:

Marcus Aurelius, the great Roman emperor, wrote in his Meditations these words of wisdom.

“When you wake up in the morning, tell yourself: the people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous and surly. They are like this because they can't tell good from evil. But I have seen the beauty of good, and the ugliness of evil, and have recognized that the wrongdoer has a nature related to my own – not of the same blood and birth, but the same mind, and possessing a share of the divine. And so none of them can hurt me. No one can implicate me in ugliness. Nor can I feel angry at my relative, or hate him. We were born to work together like feet, hands and eyes, like the two rows of teeth, upper and lower. To obstruct each other is unnatural. To feel anger at someone, to turn your back on him: these are unnatural.”

That's pretty deep, but also quite insightful about how we can look at the people around us, including those who are close to us. Maintaining a relationship is about patience and acceptance, so if you're in love with someone who may be difficult at times, then you need to follow a few things in order to get the most of the situation.

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Be Objective

Face that person in a calm and objective way, looking at the facts and ignoring the bad things. You have to be able to see the fundamental truth while still being able to see the silver lining. Even when things get bad and even downright bizarre, staying objective and getting the facts straight should give

you that edge to keep yourself together, despite the negativity that can take down almost anyone.

Maintain a Mature Attitude

The topic of maturity has always been a convoluted one, and there is a tough question regarding what makes one mature. In any case, it's not something that can be acquired overnight. Such a mindset requires practice and the careful building up of patience amidst adverse situations. Maturity is about being able to balance everything you have in life, and it's definitely hard to pull off. But if you really do care about that person, then you should be able to find a way somehow by being mature about everything.

Be Assertive

Sometimes, you do have to put your foot down and make yourself heard whenever things do get too far. Of course, don't do it in a hysterical way, but in a conducted manner that will both make you understood and sympathized with at the same tie. Call the person out without provoking antagonism, which is easier said than done. Just remember to do it out of necessity rather than anger, and you'll somehow find a way to deal with the person's mischief and immaturity without having to resort to anything drastic.

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Have a Sense of Humor

The British Royal Marines are perhaps one of the most elite group of soldiers anyone can ever encounter in this world. In the face of war and adversity, they remain calm and capable of facing even the most life-threatening obstacles. They're also known for the one trait that every Royal Marine is required to have, which is a sense of humor. As strange as it may seem, it's that ability to smile and joke around in the face of adversity that makes them so strong.

That is also the trait that can help any person get through the toughest of times in life, including a relationship with a “difficult” person. Being able to laugh during bad times is a great load off anyone’s shoulders. So there is no need to be so serious and that person could eventually realize the folly of what has been done as you laugh and joke about what has transpired. Of course, as long as you don’t do it in a mocking and condescending manner.

Elizabeth Davis has 20 years of experience as a relationship adviser. She writes and shares more relationship tips and marriage advice on her blog RelationshipsAdvice.co.