

How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Exhausting People

Do you have a perfectionist coworker who drives you crazy? Or a controlling spouse who makes your life miserable? You're not alone. Millions of people deal with exhausting people every day. But there are ways to cope.



Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People by Martha Mier

★★★★☆ 4.4 out of 5

Language : English
File size : 1669 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 193 pages
Screen Reader : Supported



Tips on how to deal with perfectionist coworkers

- **Understand their motivation.** Perfectionists are often driven by a fear of failure. They may also have high standards for themselves and others. Once you understand their motivation, you can start to develop strategies for dealing with them.

- **Set clear expectations.** Perfectionists often have unrealistic expectations. It's important to set clear expectations from the beginning. This will help to avoid misunderstandings and conflict.
- **Be patient.** Perfectionists can be slow and meticulous. It's important to be patient with them. Don't rush them or try to force them to do things your way.
- **Offer support.** Perfectionists often need support from their colleagues. Offer to help them out when they're struggling. This will show them that you're on their side.
- **Don't take it personally.** Perfectionists can be critical of themselves and others. Don't take their criticism personally. Remember that they're just trying to do their best.

Tips on how to deal with controlling spouses

- **Set boundaries.** Controlling spouses often try to control every aspect of their partner's life. It's important to set boundaries to protect your own mental and emotional health.
- **Communicate your needs.** Controlling spouses may not be aware of how their behavior is affecting you. It's important to communicate your needs to them in a clear and direct way.
- **Seek support.** Dealing with a controlling spouse can be isolating and lonely. It's important to seek support from friends, family, or a therapist.
- **Leave if necessary.** In some cases, it may be necessary to leave a controlling relationship. This is a difficult decision, but it may be the best way to protect your own well-being.

Tips on how to deal with other exhausting people

- **Identify their triggers.** What are the things that make them exhausting? Once you know what their triggers are, you can start to avoid them.
- **Set limits.** Don't let them take over your life. Set limits on how much time you spend with them and how much you're willing to tolerate.
- **Take care of yourself.** Dealing with exhausting people can take a toll on your mental and emotional health. It's important to take care of yourself by getting enough sleep, eating healthy, and exercising regularly.
- **Find support.** Talk to friends, family, or a therapist about what you're going through. They can offer support and advice.

Dealing with exhausting people can be difficult, but it's not impossible. By following these tips, you can learn to cope with them and protect your own well-being.



Impossible to Please: How to Deal with Perfectionist Coworkers, Controlling Spouses, and Other Incredibly Critical People by Martha Mier

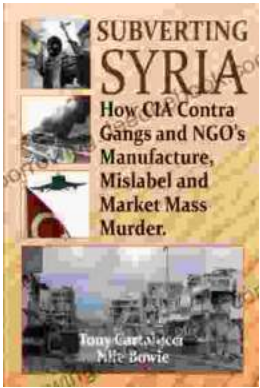
★★★★☆ 4.4 out of 5

Language : English
File size : 1669 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 193 pages
Screen Reader : Supported



The Gathering Pacific Storm: An Epic Struggle Between Japan and the United States

The Gathering Pacific Storm is a 1991 book by author Winston Churchill. The book tells the story of the lead-up to World War II in the Pacific, and...



How CIA-Contra Gangs and NGOs Manufacture, Mislabeled, and Market Mass Murder

In the annals of covert operations, the CIA's involvement with the Contra rebels in Nicaragua stands as one of the most egregious examples of state-sponsored terrorism. The...