

## How to Stop Accepting Unacceptable Behavior

Has accepting unacceptable situations become second nature to you?

Do you automatically accept the unacceptable even though you're screaming and arguing in your mind?

Last night I saw myself do exactly the same thing!

It was one of those games when the men on my team were acting like PIGS. When that happens, I'm usually wide open to receive a pass but they won't pass the ball to me because they're just playing amongst themselves.

Pigs is actually a much nicer name than the one I was using in my head.

Each game the men on the team don't allow me to take the shot or even be a part of the game, I come home saying to myself, "Screw them! Just take the shot!" Yet each game I do the same thing over and over again. Whose behavior is unacceptable?

*I* have **allowed** myself to accept the other players' behavior. After years of playing with the same men, *I* have become so conditioned to doing what they tell me to do that it has become **REFLEXIVE** for me to give up the ball whether I want to or not!

The only way I know to change my behavior is to practice. I keep practicing "Just take the shot" and imagining it in my mind. I have faith that some day that thought will connect to my body and I'll react differently in the actual game.

\* \* \*

*When we are no longer able to change a situation, we are challenged to change ourselves. ~Victor Frankl*

### 5 STEPS TO STOP ACCEPTING THE UNACCEPTABLE

1. **AWARENESS** - The first step is always awareness. It's that feeling in your gut; that small, still voice in your head; or, that blaring alarm signal within you shouting, "Warning! Warning! Danger Will Robinson!"
2. **DISCERNMENT** - When the awareness comes whether quietly or with blaring sirens, you must be able to discern whether your feelings of alarm are coming from an internal motivating fear or that you are accepting the unacceptable. Get quiet and search within yourself for these answers.
3. **OBJECTIVITY** - Checking in with an objective party to validate whether the situation is unacceptable or if it's one of your own insecurities arising. You know the people in your life who are objective and the people in your life who will give you pity and sympathy. Go for the objectivity.

4. DECIDE ON A PLAN - Decide on a plan of new behavior FOR YOURSELF. You cannot change the behavior of others but **YOU CAN CHANGE YOURSELF**. You can do this alone or with your objective person. Imagine the unacceptable situation occurring and imagine your responding in a more empowered way rather than your usual reflexive manner. This is not about confrontation. This is simply a plan of action for you to consistently respond in a calm, empowered manner.
5. PRACTICE - You can either practice in your head or practice with someone else but **PRACTICE, PRACTICE, PRACTICE!**

#### TO WHAT SITUATIONS WOULD THIS APPLY?

- ◆ At work when a boss, coworker or employee is behaving inappropriately toward you.
- ◆ At home when a spouse, child or parent tries to bully or manipulate you.

TIME REQUIRED: days, a weeks, a months . . . It depends on you - your focus and your intentions.

Dr. Phil has been given credit for saying, "We teach people how to treat us." Even when you stop accepting the unacceptable by changing your own behavior, retraining others to treat us differently takes consistency and time.