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Emotional Traps At Work
Katherine Crowley

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helps readers "unhook" from these
emotional pitfalls in the office and
work with any personality, whether
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boss. Readers learn about the most
common types of destructive
workplace relationships including

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"The Empty Pit," where a coworker starts out as nice but turns needy and "The Saboteur," where sweet talk quickly turns into sabotage.

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interactive sections allowing you to pinpoint the issues that may be causing you to lose your sanity at work. Each chapter gives multiple scenarios of real workplace occurrences and how these situations can be handled.

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Conflict Resolution. We've all worked with someone who makes work impossible. But it doesn't have to be that way. From chronic complainers to idea-stealers, boundary pushers to

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chronic complainers to idea-stealers,

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boundary pushers to just plain jerks, a toxic co-worker can ruin your day - and your life! Everyone - including the lucky few who 've never had to work with a difficult person - will benefit from this program.

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Learning Yourself From

Working with these people could actually “ kill ” you, and you need to take steps towards self-preservation.

The five most common fatal attractions are: The Exploder, The Empty Pit, The Saboteur, The Pedestal Smasher, and The Chip on the

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Shoulder. • The Exploder. Outbursts, loud and sometimes violent, are the mark of an exploder.

Freeing Yourself from Emotional
Traps at Work Working With ...

Ever hear something from a co-
worker you wish you hadn't heard?

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It's called TMI (too much information).
Here's a funny video clip that
hopefully encourages people to use
restraint when sharing...

TMI (From Working With You is Killing
Me video ...

Another sign that your job is killing

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you is the lack of sleep you get because you still got work on your mind. As those Brain gears spin constantly trying to solve the problem at work earlier or...

7 Serious and Dangerous Signs That
Your Job is Killing You ...

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Once you say the above mantras as many times as you need (try them, they really do make you feel better), it's time to move on to step two. I want you to make a list. A simple, 2 minute list about what drains you the most about your ENTIRE life right now. Be really really specific (for

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instance: Just saying “work” isn’t helpful.

What To Do When Your Job Is Killing You

Another great source of value in "Working With You is Killing Me" are the abundant textual examples of

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how to phrase the messages the authors recommend, as well as how to prepare to deliver them. As the authors of "Influencer" emphatically remark, it is essential to have vicarious experiences - seeing how others handle difficult tasks - for us to learn that skill.

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Katherine Crowley & Kathi Elster –
Starting Questionnaire I can ' t say
no whenever someone asks me to
take on another responsibility. I

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feel responsible for solving other
people ' s personal problems at work.

I frequently clash with people in
positions of authority.

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Environment Managing Up What do

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you want to get out of this presentation? The Hero The Martyr The Rebel The Caretaker The Entertainer The Peacemaker The Invisible One Take personal stock of your surroundings: the cage, your room, your community Who do you allow in your personal

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Another great source of value in
"Working With You is Killing Me" are
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experience utilizing group

discussions, activities and video to
help participants practice the skills
they will need to get out of negative
workplace situations.

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Learning

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Freeing Yourself from Emotional

Traps at Work Almost everyone has

someone at work who makes his/her
life difficult (well, except for us!). In

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This book we offer proven techniques for managing any workplace relationship that rattles your nerves or limits your productivity.

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If you are a living, breathing, thinking,

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feeling, normal human being, there's a good chance that you've encountered people and circumstances at work that hook you. In some cases, the incident may generate only mild irritation. In other cases, you may reach a point where you feel like the person or situation is

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literally killing you.
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Killing Floor 2. You can only bag these
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