

A TOOLKIT FOR PROFESSIONALS
MINDFULNESS AT WORK

The Gift of the Annoying CoWorker

WE'VE ALL EXPERIENCED THAT ONE PERSON WHO NEVER FAILS TO GET UNDER OUR SKIN. SO WHAT ARE WE TO DO?

We can disappear all annoying coworkers, present and future, by understanding where they come from.

Let's begin with the following questions...

► **Does the annoying coworker come from their own side?**

If the annoying coworker existed from their own side only, everyone everywhere would experience them as annoying. But they don't.

The annoying coworker has a family who loves them, friends who socialize with them, and even some in the office who disagree they are annoying.

► **Does the annoying coworker come from me?**

If the annoying coworker doesn't come from their own side, the annoyingness between us must come from me! If I ceased to be annoyed by this person, they would cease to be annoying.

"There's no such thing as an annoying person unless and until I become annoyed."

- LAMA MARUT



4 WAYS TO TRANSFORM AN ANNOYING COWORKER

1 EXCHANGE YOURSELF FOR OTHERS

People don't always act the way we hope they would. By putting ourselves in their shoes, we get a better understanding of where they're coming from. We can apply compassion in lieu of being annoyed.

2 PRACTICE PATIENCE

What if your annoying coworker was a gift, sent to help you practice patience? Patience transforms habitual reactions into mindful responses. Pause instead of reacting, and your annoying coworker may change before your very eyes.

3 PRACTICE ACCEPTANCE

We may not be ready to love our annoying coworker, but we can begin by accepting their presence. Acceptance can soften our reactions and pave the way for a more consistent, equanimous response in the future.

4 PRACTICE WISDOM

Wisdom is understanding where the annoying coworker really comes from. Change your perspective, and you can change your world and everyone in it.