

Have you ever really looked at the way people treat you? I mean ... really analysed why they react to you the way that they do sometimes? Are there patterns emerging? For example, do some people walk all over you, or avoid you, or are they a bit wary around you?

Looking at things from another way, are there people that you will act a certain way around? Something about them makes you behave in a particular way? Maybe there is a person who you feel you have to be careful what you say to them, in case they take it the wrong way? Or perhaps they are volatile and you are keen to not upset them and be on the end of a tongue lashing! Maybe there is someone who makes you feel awkward?

What if we all took responsibility for the way we behave towards others? It's not very easy to do. We are all driven by our own different issues: previous hurts; paranoid thoughts; insecure imaginings ... all of which make us behave badly sometimes. When we do and we get a negative response, we are left hurt and wondering why that person is upset with us.

There are some people who blame everyone else for the wrongs in their life. There are some people who blame themselves for all the wrongs of the world. Neither is right. It's all about balance, honesty, and being able to express that honesty so that people can really know you and respect you.

How we behave towards others directly affects the response we receive from them. It's not a comfortable or easy thing to be honest enough about yourself, your motives and the way you behave, rather than blaming others. As none of us is a saint, we can only strive to learn about ourselves and the impact we have on other people and work on being brave enough to be really honest with ourselves.

My favourite quote, which I have used many times here, is:

'The curious paradox is that when I accept myself just as I am, then I can change.'

Carl Rogers

Accepting yourself 'just as I am' is hard because you have to accept

Let's be honest with ourselves



What signals are you sending out about yourself and how you are feeling, asks King's Lynn-based psychotherapist and counsellor **Amanda Jayne**.

all parts of yourself, even the ugly parts.

Unrealistic expectations of others can also play a big part in using bad behaviour and eliciting a negative response: "He/she should know I feel this way"; or "They should realise I'm not well/feeling down/tired/grumpy, and allow for it"; "If he/she loved me, he/she would know why I said it the way I did and that I didn't mean it".



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Nobody knows. They are not inside your head; you are. Therefore, unless you can tell them in a calm, kind way, how can they respond calmly and kindly?

I often encounter angry clients. They come across as hostile and aggressive, when underneath they are hurt or afraid. They feel that they are misunderstood and they are right. The people around them act defensively or with hostility in return. It's often a lonely existence for them. They long to be loved, but make themselves appear unloveable. It is very difficult to be kind and calm to a hostile and aggressive friend; relative; colleague or spouse.

Therefore, what needs to happen is that they need to ask themselves: "What's really eating me? Am I hurt or afraid? Am I justifiably angry?" Once they have dug deep enough to get to the bottom of it, they can calmly and kindly say what they mean instead of being hostile and aggressive: "Sorry if I appear moody; I'm feeling hurt over something. What I really want is a hug".

If you feel somebody is treating you unfairly or just plain getting on your nerves, it can be enlightening to ask yourself: "What's going on with me to make me feel this way?" The answer, if you can be honest enough, may surprise you. 

Ask Amanda Jayne

I would love to hear from you and will reply to your letters which, if we print them, will remain anonymous, and your details will be treated confidentially. Write to Amanda Jayne MA MBSCP at Feelgood Therapy, Room 11b, St Ann's House, King's Lynn, Norfolk PE30 1LT; email amandajgoss@gmail.com; the team of professional counsellors at www.kingslynnwestnorfolkcounselling.co.uk, on 01553 827689 or 07760 669246.