

## That One Person

You know the one! All you have to do is think about him or her and something physically happens to you. Maybe your jaw tightens, your teeth clench, your stomach churns ... there is a sensation in your chest or maybe you feel it in your neck. That one person seems to bring out the worst in you. Even if you are not usually an angry person, this one person has a special ability to give you an express ticket to that emotion. That one person can take a great day and make it dark. It doesn't take much, all you really have to do is hear the person's name, or see them walking down the hall and your emotions, your physiology and your day change in a nanosecond.

If you have been in the Club industry for a while and you have never met that one person you are pretty lucky. If you haven't, chances are you will! In fact you might meet more than that one person or you may meet 50 versions of that one person in your life.

As a coach my job is to help the people I work with have success in life, their careers and in attaining their goals. It is amazing to see the impact that one person can have on a client's success and happiness if they don't learn how to deal with them. It is hard to stay focused on the important things that need to be done when so much energy is wasted on someone who makes your blood boil, occupies your mind and simply makes life challenging. They may be a member, a staff member, someone from the union, a board member or the President. It might be an ex spouse, a teenager or someone in your community. It might seem that their sole purpose in life is to make your life miserable.

If you are serious about your success and happiness it may be time to let that one person go! It may be time to give them less power when it comes to their impact on you.

For any relationship to be truly successful both parties need to take 100 % responsibility for their part in it. The truth is that we seldom take 100 % responsibility for our part. There are times when we take less than 100%. When we do that we allow others to be responsible for our happiness or sadness. The problem with this is that we can't count on everyone else to be interested in our success or happiness ... and when they are not, we play the role of victim.

There are times when we take more than 100% responsibility. This is where we start to take responsibility for the other person. When we do that we can become a rescuer or a persecutor. We are either doing things for others or criticizing them for what they should be doing.

If we can take an honest look at ourselves we might see that might move us from taking less than 100% to giving more than 100% a number of times in one day.

If you go back to thinking about that one person you might consider times when you took less or more than 100% responsibility in dealing with that person. If you are feeling like a victim, take a look at the role you have played in creating that situation. I have a friend

who has just written a book. Part of his story is the fact that his wife and his best friend had an affair that ended his marriage. I don't think anyone would find him at fault for seeing himself as a victim on some level. After a number of years of pain and suffering as the victim he started to look at his responsibility in the matter. He came to the conclusion that he was responsible for marrying the wrong girl and had worked so hard on his career that he was never home to participate in the relationship. His wife doesn't have to be that one person anymore.

The other side of this equation is the fact that we can also cause that one person to show up by taking more than our 100% responsibility. We may think that doing more than we need to do or are asked to do is a good thing that should be appreciated. But actually it may be keeping people from doing what they need to do or want to do.

When we take more than our 100% we can start to see others as someone to judge and find fault with.

The point of this article is that we might have that one person showing up in our lives from time to time, but we can choose to question the kind of power that we give them. We can so distracted by that one person that we lose sight of ourselves and what is important to us. If you have one person that is taking away your focus, making you feel less productive or making you feel less than full of life, you may want to take advantage of the benefit of a coaching session.