6 R's Formula
For Dealing with Difficult People

1. **REALIZE** - realize what you value, what you need, what you will and won't accept (boundaries), as well as what you can and cannot change.

2. **RELEASE** - release any tendency to try to "control" the other person, expectations you might have of them to be your preferred ideal, and releasing emotions that may be preventing you from being calm and effective in your interactions and communication.

3. **RELAY** - relay to the difficult person or people the relevant information, issues, needs, boundaries and solutions to help them understand and to get you on the "same page" as much as possible.

4. **REMEDY** - remedy where possible with "healing efforts" to create the desired change, bond and better relationship you prefer.

5. **REDUCE** - reducing exposure if necessary such as less frequent contact, shorter duration contact, different types of contact, all to respect your boundaries.

6. **REMOVE** - removing yourself from interaction where necessary, from the room, from the entire location, from the relationship entirely if necessary in order to take care of your physical, mental and emotional wellbeing.

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If you get stuck, need coaching support or have any questions, please reach out to me on email: support@bernadettelogue.com

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With love!

Bernadette (you can call me "B")

Transformation Life Coach

♥ **Related Online Courses** - including personalized Q&A Support from B:

- The Communication Code Training – 11 Cs for Effective Communication (in our EvolveHQ personal growth membership)
- Navigating Your Relationships Online Class (in our EvolveHQ personal growth membership)
- Live with Inner Peace Online Course