

GET NO RESPECT? TRY THIS UNUSUAL APPROACH

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By Pauline Wallin, Ph.D.

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Like the late Rodney Dangerfield, you may sometimes find that you "don't get no respect." In Rodney's comedy routine, disrespect was amusing. But in real life it fills us with indignation.

Our typical response is sarcasm or avoidance. Has such a reaction EVER made a difference in getting more respect from others? I doubt it.

Today I'm going to show you a better way to deal with disrespectful people who irk you, frustrate you, and drain you of energy.

HERE'S THE SECRET: When someone gets under your skin, do them a small favor or give them a small token gift. Here are some real-life examples:

* A divorced man, whose ex-wife played power games by impeding his relationship with the children, decided to try the small favor route. One day when he picked up the kids from her house he brought her a quart of gourmet-grade cherries. "I was at the farmer's market and saw these cherries, which I recall were one of your favorite treats," he said casually. "I know the market is far from your house, so I figured as long as I'm going to stop by here anyway, I would bring you a few."

* An employee whose boss was hypercritical made a point of bringing her a copy of a magazine article on antiques, a subject that the employee knew was the boss's hobby. As the employee walked by her desk he stopped briefly and gave her the article. "I read this piece in Newsweek last night, and thought I'd bring it in just in case you hadn't seen it," he said nonchalantly.

* A college student happened to be in the vicinity of a classmate who had participated in spreading a rumor about her. The classmate had just exclaimed that her cell phone battery was dead. The student pulled her own phone from her pocket and offered, "Here. Go ahead and use mine."

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In all the above examples, the recipients of the gift or favor reacted with a puzzled expression, but nevertheless accepted the gesture. In two of the situations the recipients became more friendly later on. (Unfortunately, the hypercritical boss did not, but that's a subject for another article.)

When you first try the gift/favor approach, it won't feel right at all. The immature recesses of your mind (what I call the "inner brat") will NOT want to do it. It may even scold you for kissing up to someone who treated you with disrespect.

But your inner brat doesn't realize that you are not kissing up. You are taking charge, choosing to rise above the other person's hostility. This is the mark of a mature person, something the inner brat can't understand.

Here are some tips to make the gift/favor strategy even more powerful:

1. You don't have to act right away — in fact sometimes it's more effective when you wait a while.
2. The gift or the favor must be very small. If it's too lavish, the other person might consider it a bribe or a manipulation. In the earlier example of the ex-wife, suppose the man had brought her some expensive perfume. In that case she could have easily assumed that he was just trying to control her.
3. Any favors that you do for this purpose must appear casual and incidental. Note that the man with the cherries told his ex that he noticed them while he was shopping at the farmer's market. He gave them to her at the same time that he was picking up his kids. He didn't make any special trips. When you present token gifts in such a casual manner, the recipient is less likely to feel manipulated.
4. Use this approach sparingly. If you do it too often, you may be viewed as patronizing or "kissing up." It's better to save it for infrequent little surprises.

As I mentioned earlier, this approach does not work 100% of the time. But even when it doesn't, you can still reap a benefit. Because you choose to respond with kindness and consideration, you will remain calmer and feel more in control over the situation. And, as an added bonus, you may find that you are not so annoyed by the other person after all!

Pauline Wallin, Ph.D. is a psychologist and coach in Camp Hill, PA, and author of "Taming Your Inner Brat: A Guide for Transforming Self-defeating Behavior" (Wildcat Canyon Press, 2004) Visit <http://www.innerbrat.com> for more information, and subscribe to her free, monthly Inner Brat Newsletter.

Unusual Baby Boy Names – Finding Exotic And Unique Baby Names

By David Buster

Unusual baby boy names and finding exotic and unique baby names can be loads of fun! Rather than giving your baby boy a name like Jacob, John or Harry, you would prefer him have one of the more

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exotic and unique baby names.

There are several ways to find unusual baby boy names. Here are some suggestions:

1. Start with the most popular names being given to baby boys. For parents living in the USA, you can easily find this kind of information by visiting the Social Security Administration's website (click on the link at the bottom of this page to go to the direct link to the SSA baby names search). See which names that are popular are also unusual baby boy names. You can view the most popular names for the past year, boy names given since the year 2000 or by decade in the previous century. It may surprise you how many exotic and unique baby names you can find this way.

2. Look at your own family names and see if using any name combinations create unusual baby names you like. Ask other family members for their suggestions, even invite your friends to give you their opinions. Does a relative have names you like? Do be careful if the names are already used. Ask other family members to be sure your favorite unusual baby names are not given to relatives. It can become confusing in families when two people have the same names.

3. Consider the unusual baby boy names used in the classics. Literary classics are a great source of exotic and unique baby names. Be careful when considering modern names used by this years top male movie stars. Will that popular actor still be in the headlines 3, 5, 10 or more years from now? By using the classics for possible names, you know that these names have withstood the test of time.

4. Visit your local library or bookstore and browse the pregnancy and parenting sections. You will likely find several books in various price ranges that provide you with many unusual baby boy names to consider.

5. Search for exotic and unique baby names online. There are many baby websites with listings and resources for baby names.

Remember, your child's names will be used their entire life, so think how their names will sound and feel once they are grown. Do not let the joy of their infancy cause you to give them a name that they won't be proud of once they are older. Stay away from funny names. Choose his name carefully, a name that will have meaning and significance to you and your child.

Have fun and enjoy viewing and choosing your child's names. Provide them with unusual baby boy names that will add to their success and happiness in life. Take your time and find names you truly love. You will find at some point, there is no doubt about what your new baby boy names will be. When it happens – congratulations! Enjoy and celebrate the moment. You will know it was worth every minute spent looking for unusual baby boy names for that unique and very special person.

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baby names listings. David Buster is VP of InfoSearch Publishing and the webmaster of

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