Are You a Rude Person in the Workplace?

Do you often show disrespectful behavior on a constant basis when there is no reason for it? Are you constantly in a foul mood and wish your co-workers would leave you alone? You don't have to be all smiles and pleasantries every second of the day, but you should show people the proper amount of respect and courtesy as often as possible.

If you are a "sour puss" the majority of the work day, people will grow distant from you and you will not make any friends any time soon. Sure, work is a place to do your job and collect your paycheck, but it is important to have friends in the workplace to make your job more enjoyable.

Not only will you have trouble making friends at work, but you will get into some deep water with the boss if you display unscrupulous behavior frequently. There are a few reasons why we may become rude at work, either to the fellow employees, clients, or customers. The main reason is that you may dislike aspects of your job. Those who deal with people on a regular basis may grow tired of people's questions, and thus after a long day of hard work your attitude stinks. Another reason why your rude behavior flourishes at work is because you may not like your co-workers if they are rude to you.

No matter reason why you are rude, you must find ways to change your mentality before it costs you your job potentially. If you are rude to a customer and your boss sees this (especially if you show rude patterns often) then you might be looking for a **new job** within the near future. Realistically, not everyone has a chipper, perky attitude that everyone will find charming because we are all different. Just because you don't light up a room when you walk through the door doesn't mean you can't show respect to everyone you encounter at work.

When you feel that you are on the verge of snapping at the next person you speak with, take a deep breath, count to ten, and relax. It is very important you maintain your composure even in the direst situations. Bosses do not like employees who lose their cool under pressure at the drop of a hat. You must remain as professional as you can regardless of how rude the person speaking with you is. The easy thing to do would be to be rude back to that person, but this might negatively affect the reputation of the company you work for. With the invention of the internet and online reviews and complaints, numerous negative complaints can paint your company in an unflattering light.

Good manners will never go out of style. If you are mad, upset, rude, and downright mean then you will have to make some changes for various reasons. Either you will suffer a massive heart attack and have high blood pressure because of your anxiety or you will lose your job because you are

too rude. It is impossible to be nice all the time, but you have to keep your emotions in check before it costs you dearly.

If you rude behavior continues after repeated attempts to overcome your anger, perhaps anger management classes are for you. Anger management will help keep your emotions in check and learn to deal with people in a calm, respectful manner without being confrontational. There are various anger management classes that may range from 8 to 40 hour sessions. Anger outbursts can handicap your life in ways you never thought imaginable.

In short, rude behavior in the workplace will not get you anywhere - nor will it make your co-workers to respect you. People don't respond to threats and intimidation very well. The best way to get along with someone rude is to kill them with kindness.