



“*SLANTED*” PEOPLE:

Understanding Dysfunctional People And How They Make You Crazy

Signs that Indicate You are Dealing with Dysfunctional People

- *After spending time with them, you feel “fogged” -- like you aren’t thinking clearly.
- *You thought you were thinking correctly about a situation, but after being with them, you now feel your approach to life is being questioned.
- *You feel blamed for another person’s situation.
- *You feel responsible to “fix” a situation that is a result of another person’s (repetitive) choices.
- *You feel if you were a “good person” you maybe should help them out.
- *You are concerned about how innocent people (e.g. children) will suffer from the poor choices made by another person.
- *Other people are mad at you because you won’t “help them out” (just this once!).
- *You are being blamed for being unreasonable and insensitive to their situation.
- *You have been in this situation before (or one very similar to it) with this person. Probably previously you “helped them out” and they are in the same predicament again.
- *You are concerned that if you don’t rescue them from their current situation, the consequences are so significant that it may ruin their life in the future.
- *You feel pressured to make an immediate decision to “help out”, even though the problem has been developing for quite a while.
- *You feel “smothered”; the other person wants to get too close too soon or they cut off the relationship totally for seemingly little slights.

Key Differences between Functional & Dysfunctional Individuals

Functional

Honesty, Integrity
Direct Communication

Responsibility → Privileges
Accept responsibility for
choices & results
Delay gratification
Live in reality on day to day basis

Save, do without
Learn from mistakes
Forgive & let go of past hurts
Keep commitments

Say what they mean
Being “real”
Can disagree without getting
“personal”
Appropriate personal boundaries;
They let you be “you”.

Dysfunctional

Deceit, Not telling the whole story
Indirect Communication
(talking “through” others)
Sense of Entitlement
Blame others, Make excuses

Have to meet desires now
Escape from reality (TV, movies,
videogames, drugs, alcohol, sleep)
Spend, go into debt
Expect to be rescued from choices
Hold on to grudges, Revenge
Make verbal commitments with
no follow-through
Hidden agendas
Focus on image & appearance
Disagreement leads to anger,
personal attacks & hatred
“Smother” others, try to be too close too
soon. Use guilt to manipulate.

How to Deal with Dysfunctional People

- *Understand that you will feel blamed or responsible for whatever the problem is.
- *Accept that you cannot change the other person (their thoughts, viewpoint, ways of behaving or their choices.)
- *Set boundaries: what you are and are not willing to do.
- *Talk with and get support from others whom you believe are functional.
- *Do not accept false guilt from the dysfunctional person. The whole problem is not your fault and it is not your responsibility to fix the problem.
- *When necessary, minimize ongoing contact and interaction with the dysfunctional party.
- *Realize that the current “crisis” is probably not a crisis and they can live through it.
- *Remember that if you “help them out” this time, you will be expected to help them out again.