



## Even Is Easy

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*Note: The following content is a raw transcript and has not been edited for grammar, punctuation, and word usage.*

**0:00:00.2 Speaker 1:** So today is part one of a two-part series entitled Mean People, and What to do About Them. Mean People, and What to do About Them. I thought about entitling this series, Bad People, and What to do About Them, but we hesitate to call anybody bad. We say things like this, "He's really not a bad person," and this is what we say, "He's really not a bad person, he just does bad things, a lot," which I think that's what it means to be a bad person. So we're not gonna do bad person, we're gonna do a mean person, we're gonna stick with mean people, mean people, and specifically what should we do about the mean people in our lives. And by mean, I mean, mean. These are the unpleasant people, these are the deceptive people, these are the people that control us with time or money or with our children, these are the users, they're just unkind. It can be that person that, when you see them coming, you just don't wanna interact with them because well, there's just no other way to say it, they're just mean. And, to be clear, this isn't to say that we're not often mean, all of us have been mean at some point. In fact, there's somebody maybe who's gonna see or hear this message, and unfortunately, we're gonna come to mind.

**0:01:10.2 S1:** But generally, what we talk about when we're together is, how to live a life in such a way, and to live our lives in such a way that we're not the mean people. So we're not discounting the fact that from time to time, we can be mean and certainly have the potential to be perhaps as mean as the meanest person we've ever met. But these two messages are gonna focus on how to respond to and how to interact to the mean people in our lives.

**0:01:32.8 S1:** Now, the reason this is so important is this is, if you don't have a plan, and if I don't have a plan, if we're not prepared, and honestly, as we're gonna see, if we're not somewhat proactive, here's what happens, and we've all experienced this. The mean people, the mean people in our lives, ultimately, they gain a measure of control over our lives, and before we know it, we're actually acting like they do, and it feels in the moment, as if we have no choice. In fact, if somebody were to hear your story, or when you tell your story and you talk about how you've reacted to or responded to the person that is mean to you, the person that hears your story is like, "Well, who could blame you? It's almost like you have no choice." And the reason it feels like we have no choice is this, that mean people, and