**Ways of Dealing with Bitterness**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 1. **Know that it destroys:** See to it that no root of bitterness springs up and destroys many
2. **Recognize it:** The heart knows its own bitterness and no stranger shares its joy.
3. **Invoke an alternative set of responses:** Proverbs 25:9–15
4. **Cut it off and replace it with alternative behavior**. Ephesians 4:15–16. Get rid of all bitterness, rage, and anger, brawling and slander, along with all forms of malice. Be kind and compassionate.

**Preventing bitternesses** Preventing the sources of bitterness is a good way to go. These rules have transformed the way some prevent bitterness in the workplace.

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|   | *not well* |   |   |   |   |   | *very well* |
| 1. If I have a problem with another person, I will go to him privately. |   | *1* | *2* | *3* | *4* | *5* |   |
|   |   |   |   |   |   |   |   |
| 2. If someone has a problem with me, I will seek them out. |   | *1* | *2* | *3* | *4* | *5* |   |
|   |   |   |   |   |   |   |   |
| 3. If someone has a problem with me, and comes to you, send the person to me.  |   | *1* | *2* | *3* | *4* | *5* |   |
|   |   |   |   |   |   |   |   |
| 1. I will seek to create (work within) clear structures, so that decisions are seen as just.
 |   | *1* | *2* | *3* | *4* | *5* |  |
|   |   |   |   |   |   |   |   |
| 1. When falsely accused I will speak truth but will not seek to defend myself as that generally will put someone else down.
 |   | *1* | *2* | *3* | *4* | *5* |   |

**Discuss**1. Which of the above rules do we generally live by? Which do we need to observe more closely?2. What rules would you suggest we add to this list? 3. How can we improve our communication as leaders? |