

## How to Deal with People at work 6

### Part Six / Last



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**Almost** every working adult has two homes; the family home and the workplace. We spend more time in the workplace than our homes. Thus, our bosses, colleagues, and co-workers' behaviour affects our happiness or stress levels more than what is happening at our real homes.

At work, there are people who are nice and kind to you when you are present, and very critical about you behind your back. There are also people who pretend to be so busy, but in reality they are the most unproductive and time and money wasting people. These are another type of Viruses of the Organization; the hypocrites.

Dictionaries and humanists define the hypocrite person as, "The person who acts in contradiction to his or her stated beliefs or feelings".

The hypocrite is a double-faced person who talks nice and sweet things about you in front of you and backstabbing comments and bad information behind your back. This person pretends to be your friend, caring about others and an ideal employee; the fact is that this person is sneaky, and cannot be trusted.

Hypocrisy in the workplace exists when there is lack of trust, jealousy, envy, and hidden hatred. However, even though some say that hypocrisy is the lubricant of society, it is

one of the top ethical misconducts at work and negatively affects the work mood, the work relationships, the morale level, and the performance and productivity.

Lord Byron, the British poet said, "Hypocrisy is the most difficult and nerve-racking vice that any man can pursue; it needs an unceasing vigilance and a rare detachment of spirit. It cannot, like adultery or gluttony, be practiced at spare moments; it is a whole-time job".

Do you have a colleague who pretends to look busy either in his/her computer or moving around to pass time, while at the same time every one else is using his/her extra effort to finish something on time?

Do you have a colleague who pretends to be your friend with nice smiles and comments while in fact he or she is jealous of you, envies and hates you, and is ready at any time to be against you?

Do you have a colleague who pretends helping you but the fact is that he or she is putting you in trouble and setting you up to fail? Do you have a colleague who promises you things that he or she never intends to do or just do the opposite of what he or she had promised?

How do you feel about this person and how his/her behaviour affects your emotions and your work, while wondering why he/she is doing that?

Most of these viruses do these things to you because they think that you look down at them, insensitive about their feelings, you believe that you are better than them and/or that you are trying to show everyone that you are perfect. This makes them feel insecure and will start preparing and looking for any opportunity to stab you.

Other hypocrites are unhappy with you and do not know or afraid to show their suffering and agony Talking bad about you will relieve there stress and makes them feel good while giving you stress, tension, and making you headache.

If the bad-mouthing about you behind your back is not true, the best way to stop these lies is by calmly confront the person and ask him/her about the issue. This will let them know that you knew about it and they will either stop doing what they did or at least reduce it.

However, if the bad-mouthing about you is true, the best way to let these people stop what they are doing is that you honestly and sincerely apologize, prove that you admit the mistake, you did not mean it, and clear the picture.

Hypocrisy is evil and it affects our emotions negatively to a large extent. It can lead to high stress and affects one's self-confidence and reputation. If these hypocrites keep on doing what they do to you and you do not stop them, you will become emotionally sick of them and end up leaving the organization.