

## Dealing with the selfish

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I have grown weary of **human parasites**. These are the people I refer to as those who take and seldom, if ever, give. These are the people who always seem to want something for nothing and are the epitome of selfishness as they tend to think of themselves and not others. They are also the people who are more needy than mutually helpful and they exploit goodness while giving little to nothing in return.

In spite of the fact these parasites exist, do not focus on their selfishness. Focus on not getting swallowed up in their "everything is about me world". How is this even possible? First, try not to get down to their level. Limit the time you expose yourself to them and say no to their incessant requests. By the way, NO is a complete sentence.

Once it is accepted these *parasites* have little care or concern for others, you can then respond to them differently. Most selfish people are attention hogs. Starve them of their need for attention by not giving in to them. Change the energy between you and them. Do not allow them to control every conversation or situation.

It is also true that some people who **become** demanding and selfish have had or are having a life experience that changed or is changing them. In situations like this, it is important to try and understand where the behavior is coming from which will also change the energy around how you manage the relationship going forward.

With those for whom selfishness has not always been a "*way of life*", there are other strategies that may be employed. Don't take the behavior personally and don't assume. It may be possible to find out the reasons for the change in behavior. Perhaps there is something that may be done to get them to see how their behavior is affecting others. This may open them to the possibility of changing how they interact.

T.F. Hodge is credited with saying "Self-preservation is the first law of nature". In this sense, healthy selfishness is a given. That said, when the selfishness of others becomes over-bearing, narcissistic, unhealthy and overwhelming, it is time to do something about it...manage it while taking care of yourself (in a healthy selfishness kind of way).

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