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Life & Leadership Nugget

I have a bone to pick with you!

Have you ever had a day that started out with the following comment or something similar? 'Have A Good Day,' but I have a bone to pick with you later. I have heard the phrase, *I have a bone to pick with you*, many times over the years. It is in reference to a needed discussion that may have developed through annoyance, neglect or the like. These discussions can be filled with frustration, discouragement and possibly anger. How these conversations are handled can determine how well your day will end. Communication is a must. However, the tone of a conversation can be influenced by emotion. Learn to harness your emotions.

'Toss the doggie a bone' is another phrase that speaks of an acknowledgement or a reward of something done or spoken well. Balance is a happy medium where we all need to be. If we can take care of problems and depart leaving the sense that rewards will come with improvement, then we have communicated well. Emotions will always get in the way. Learning to manage them is the key. Letting emotions have their way without thought of the outcome is not wise. The balance is learning how to pick a bone and toss a bone as needed without the blinders of favoritism, unforgiveness or self-centeredness. This is true for all participants in a conversation. Everyone prefers rewards over being chewed up and spit out. On the other hand, we are foolish if we think we have everything in life figured out and never need direction or correction.

Make it a great day by tossing more bones than picking them. Encouragement goes much further!