

Are you holding a... Grudge!

Have you had a negative interaction at work with someone and now you're holding a grudge? If so, you should probably work through it. Why? Because devoting so much time to negative energy is probably not going to pan out for you in the end.

Don't get caught in obsessing on what has happened in the past. You can think about it, acknowledge it and even remember it so that you are not vulnerable, but to focus your energies on your grudge will probably only hurt you in the workplace.

If you catch yourself going over and over the offending scenario in your head, take a walk or immerse yourself in some activity that will clear your mind. And remember what Buddy Hackett said, "Don't carry a grudge. While you're carrying the grudge, the other guy's out dancing."

