**WHY SOME PEOPLE ARE RUDE, MEAN, OR JUST PLAIN JERKY**

**Male speaker**: Welcome to the Chalene Show. Chalene is a New York Times bestselling author, celebrity fitness trainer, and obsessed with helping you live your dream life.

**Chalene Johnson**: Hey, thanks for joining me. My name is Chalene Johnson and you are listening to the Chalene Show.

Today I want to talk about why some people are rude, hurtful, or just plain jerks. But before we begin, I want to thank each and every one of you for writing reviews for the Chalene Show. Oh, my gosh, I love you guys. Can I ask you to do me a favor? If you haven’t already and you have some time today or even right now to go write a review, first of all, thank you, thank you, thank you. And secondly, can you put in your review this week where it was you found out about the podcast, like was it on Periscope, was it on Facebook, did somebody else introduce it to you, or was it just random. I don’t know, it always fascinates me. I know how I find podcasts, I’m just curious how we found each other.

Anyways, onto today’s program, and as always, thank you for being here. So let’s talk about why people are sometimes rude or just jerks. They’re just not polite. They come across like they just don’t have much thought for other people’s feelings. They jump down your throat. And sometimes it seems like they don’t realize they’re being a jerk and sometimes we’re pretty sure that they know and they’re not nice and they’re rude. And they’re not conscientious of how other people feel.

And I want to talk to you why that is, why are some people that way, because I think that will help in dealing with them. I think it’s going to make it easier when you encounter these kinds of people. Not that I’m ever going to excuse that kind of behavior. And certainly not to say that there’s ever been a time that I haven’t been rude. I mean, if you’re a human being, there’s a time when maybe you didn’t intend to be rude or you didn’t intend to be a jerk or to hurt someone’s feelings but you did.

And I can say that there’s probably been a couple of instances in my life where I’m like, “I don’t care. I really do not care if I hurt their feelings because I don’t like them and they were rude first.” Like, you know, you try to justify rude behavior and I don’t want you to think that I’m a saint or that I haven’t done that in the past. I have.

But I try really, really hard not to do that because I don’t need to. And I think you get a lot more from people when you’re nice to them. You know, if I want my way, right, if I want the right outcome, if I want to be happy, it’s just easier if you get along with people. And it’s heck of a lot easier if people like you. And not very many people like you if you’re a jerk or rude or just hardnosed.

So why do you think it is people are this way? Well, the number one reason why people are this way on a regular basis - I’m not talking about the occasional bad day. I’m not talking about somebody who things weren’t going so well and they were just not as pleasant as they normally are. I’m talking about someone who’s regularly a jerk and treats people poorly. We’re talking about people who hurt other people on a daily basis, don’t take other’s feelings into consideration, and they do it all the time.

Well, the number one reason why it works for them or the reason why they do that is because it works. It gives them the result that they’re looking for. Now, they don’t realize that it’s making them unhappy. They don’t realize that that unhappiness then turns into like a cycle where they’re more unkind and more thoughtless. They don’t realize that that cycle happens.

Because when you’re not nice to someone, you’ve all had this happen before where you’ve been in a bad mood, or you screamed at your kids, or you’ve been rude to somebody who you didn’t know, like a stranger and then you feel bad. You feel really bad, like it can keep you up at night. And you can try to justify in your head. You’re like, “Well, they did this, this and that and that’s why I acted that way,” but you still feel bad because you’re a nice person. At your core, you’re a nice person.

So they think it works for them because they’re getting an intended result. The number one result that they’re looking for is control and the number two result that they’re looking for is distance. People who are rude and mean and cutting with their comments, jerks, they need for others to keep a safe distance from them because if you get in too close, you might just spoil their secret.

The number two reason why people are jerks is because they don’t want you to find out that they don’t believe they deserve to be where they are. I get to work in production, I get to work with people all the time, you know, like on television shows or people who are producers or who do videos. And they will always say, “You’re so nice.” Or they’ll say, “And so and so was so nice. And I encountered this person, they were so nice.” And it’s interesting how people in production love to tell you who’s nice and who’s not nice. And you hear the same names over and over and over again.

And oftentimes, the people who are not nice are there not because of their true talent. It was an accident. And they are mean and rude and it gets amplified by their money and notoriety. And the reason why it amplifies is not because they think more of themselves, it’s not. You might think that. You might think it’s an ego narcissistic thing, it’s not. It’s really that level of anxiety is amplified because now they’re really afraid that all of this is going to go away and y’all are going to find out that they don’t deserve to be there. At least that’s what they think in their heads, like people are going to find out that I don’t deserve to be here.

So that’s why it’s often true like when people get into a position of power, or they get into a position of notoriety or fame or whatever it is and they don’t believe that they deserve to be there, that’s when they get really mean. Sometimes it’s when people have a certain amount of success and that gets amplified, and when that gets amplified, even if they do deserve it - like of course you deserve it or you wouldn’t be there, right?

But if in your mind you don’t believe you deserve it, if in your mind you think that you are a fraud and the reason why you think you’re a fraud is because someone told you all your life that you were worthless and that you weren’t going to amount to anything and that, you know, we’re poor and that’s how we are and our family never does anything and you’re stupid and you’re never going to amount to anything, well then once you get there, it’s hard for you to believe that you’re there and you actually wonder if you should be there and you feel like an impostor.

My friend Nicole has talked to me about this and so has my friend Mcayla. It’s called the impostor syndrome. Look it up. It’s very interesting. And it’s people who feel like they have to pretend they are something that they really don’t feel like they are. How do you confront these people? You don’t confront them. You don’t because they won’t change.

People are like this because it affords them the protection they need. If someone is short with you, is rude, is unkind, says mean things, what that does is it protects them from you. Why do they need protection from you? Because they fear that if you like them, you might get close to them and you might ask questions. And they’re not comfortable with who they are, so they don’t want you asking questions.

And they might not be comfortable with who they are by no fault of their own. I will tell you this. The meanest people, I want you to know that they’re often the people who have the most hurt and the most childhood pain, and the most traumatic experiences. And so oftentimes when people lash out and they’re mean and they attack, it is because they have a deep, deep indescribable pain inside. And if they can lash out at you, they know like a barking dog, you will move away. Like a little, tiny Chihuahua who will gnarl and gnash its teeth and bark louder than a giant dog, it’s because I need you stay away. And that’s why mean people do those things.

They can’t have you get too close. And so they are mean to protect themselves from you, from people like you who might ask questions, from people like you who might try to get close to them.

The other reason why they do it is because they need to be in control of their emotions. If they show too much empathy, if they show too much care, too much love, too much passion, then that might open up a can of worms and force them to deal with some other stuff that they don’t want to deal with.

So the toughest, meanest people are the people who have survived. They’ve gone through some really bad stuff. And they are so afraid to open that can of worms and actually feel emotions because they know that the emotion that they’re going to feel is pain and hurt and sadness and that feels weak.

It’s almost better for them to feel bad about themselves because you never feel good about yourself when you’re mean to somebody, even if it’s a complete stranger, even if they kind of deserved it, you know the types I’m talking about. Like they stole your parking spot and you want to roll down the window and go, “Listen, I was waiting for this but you -“, you know, like you want to do that.

But even if you did that and they kind of deserved it, you’d still feel bad. So even when somebody who’s always mean, they genuinely always feel bad about it, they do. But they would rather feel bad about that than deal with the loss of control that might happen if they were to experience their true, true feelings.

So that’s why people do it, it serves them and there’s not much we can do about it.

So what can you do about it? What do we do about it? I’ll tell you what not to do. Don’t confront them. I think it’s okay to let people know that you love them. And in the kindest of ways say, “You know, you get the same effect from me and probably even more if you just said it this way.” Or, “It sure would be nice if from time to time you didn’t get so agitated and you just recognize that the approach that you use is going to give you a better result.” Like you can have those conversations, but at the end of the day, it’s not going to change anything.

So what can you do? Well, number one, if you are this person who’s always saying like, you know, your email is really rude or the way you spoke to me really hurt my feelings. Or, you have a reputation for scaring people. And you’ve got a real demeanor about you that people cower and you know that about yourself. And people are afraid to do wrong by you and people are regularly telling you that you have hurt them, take a look at why. You know, that’s the first thing that’s not so scary. Just take a look in the mirror and figure out like, “Okay, can I have a softer approach?” Number one.

And then the next you have to do is you have to realize that these individuals, you can’t change them. We can’t change another human being. And the only way anyone ever changes is when they feel as though you love and support them and they’re safe.

People don’t just go, “Yeah, a lot of people are saying I’m jerk. I should probably take some anti-jerk pills or go talk to my doctor and see if they offer a course for assholes.” Like nobody is going to do that.

People only change when they’re motivated to because they feel supported and loved by the person who is around them. So remember that you’re never going to get someone to act differently by like wagging your finger in their face and telling them - unless of course you are the boss and you have the ability to do that. Like if you’re the boss and you have a manager or another employee who’s being this way, you can address it and you should.

But when it comes to interpersonal relationships, all that we can do is understand where it comes from and approach it from a place of love. People are very, very good at reading between the lines. We don’t have to tell people, “You know, you’re kind of a jerk.” You can have less direct conversations and people know what you’re talking about.

But you get more bees with honey. Everybody likes nice people more. And that’s all that you can do. You can just lead by example. Don’t challenge mean people. Know that when they’re throwing their temper tantrums, that it’s a child throwing this temper tantrum. Know that that person who’s screaming and yelling and being rude is no different from a two-pound Chihuahua. They are afraid, they don’t believe they are powerful.

They are not doing it because they think they’re better. They are doing it because they are afraid. And they don’t think highly of themselves. So that’s why people do it.

I hope that’s been helpful. It’s my goal to try to help everyone, you know, all of us to look in the mirror and figure out ways to be better and understand that 98.9% of the time, it’s not personal. It’s kind of their thing. The more we understand where these things come from, the easier it is to cope with them and the less personal it feels. And that makes life a little easier.

As always, thank you so much for spending this time with me. I very much value it. I really appreciate you. And I guess enough said, except, thank you. It’s fun to be here with you. And of course, if you want to jump in and wanted these conversations live, you’ve got to download the Periscope app. That’s where I record a lot of the shows. And then I try to edit them down to a really concise review of what we talked about in the Periscope. So I hope to see you on one of my many social media platforms. In the mean time, I just want you to know, you are the bomb.com.

This episode has been sponsored by courageousconfidenceclub.com. It’s a club that I’ve created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves. Being yourself and feeling good about it, all of us could benefit from having more confidence.

I’d love for you to just experience a taste of it. So please be my guest by going to chalenejohnson.com/confidencetips. Now if you don’t feel writing that web address down or remembering to go there later, all you have to do is while you’re listening from your phone, send me a text message. The number is 949-565-4337. And that is for U.S. residents. Then just send me the word confidence and I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation whether it’s work or personal or just your social interactions. Every one of us can benefit from having more confidence.

There, you’ll submit your email address and I will immediately send to your inbox my latest training video where I teach you step by step how to feel more confident in just about any social setting. I think you’ll find this incredibly useful whether it’s business or personal or just in your everyday interactions.

Confidence is something that makes life easier. It helps you to raise more confident, self-efficient children. It allows us to speak our mind, to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us.

By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to, the person you want to be, the person you deserve to be, the person you know is inside of you. So thank you for checking out my free tools by going to chalenejohnson.com/confidencetips.

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