

...tell everything.	...have an abortion.
...say nothing.	...try to be normal.
...challenge my boss all the time.	...avoid my boss for the whole week.
...not care.	...contact my boss.
...call my mom.	...buy valium.

...ask for a transfer into another department.	...continue my studies.
...apologize to my spouse.	...go home and think about what I did.
...quit my job.	...hire a life coach.
...get a dog.	...increase the amount of exercise I get in a week.
...just observe from the distance.	...mute my phone and not go to work the next day.

...do nothing.	...book a meeting with a psychologist.
...take a step back and observe the overall situation.	...talk behind my coworker's back in the break room.
...sleep with my boss.	...leave the room.
...ask a friend for an opinion.	...get mad and voice myself aggressively.
...stay true to myself.	...apologize and change my behavior.

<p>...calm down, breathe, focus and then voice out.</p>	<p>...remember that we all make mistakes and that we are all idiots at times.</p>
<p>...try to make compromises without forgetting my values.</p>	<p>...remember that I am safe.</p>
<p>...forget immediate profit and think about long term effects.</p>	<p>...try to explain and give a reason without being defensive or aggressive.</p>
<p>...respect others opinion and try to understand things from their perspective.</p>	<p>...remember that we all have the right to feel the way we feel and respect that.</p>
<p>...avoid phrases like 'you always' or 'I always have to'. Instead I should tell how I feel.</p>	<p>...try to understand and believe in good intentions.</p>

<p>...try to bribe the co-worker with a free Tallink cruise ticket.</p>	<p>...face the fury of the head of HR.</p>
<p>...spike the co-worker's coffee with laxatives.</p>	<p>...talk about it with everyone else except the person in question.</p>
<p>...immediately call to the highest boss at the firm.</p>	<p>...tell the person about how I feel about the behavior.</p>
<p>...talk constructively with the co-worker.</p>	<p>...tell my boss about the situation.</p>
<p>...run a marathon.</p>	<p>...buy a ton of Ben and Jerry's, go home and cry.</p>

...just accept it.	...start an affair with my boss.
...accuse that one of my co-workers is having an affair with our boss.	...admit that I have an affair with my boss.
...hug them.	...bribe them.
...threaten them.	...tell everyone that I'm better than this sh*t and leave.
...write a suicidal letter just to draw attention.	...tell them to be quiet.

...apologize no matter what.	...not apologize. They should apologize, not me.
...just be nice to everyone and do my job well.	...think about my work performance carefully and make an improvement.
...do the same exact thing to others.	...argue with my boss and leave.
...be quiet and do things by myself.	...work less.
...wait and hope for the best.	...spend more time alone.

<p>...forget I ever saw it.</p>	<p>...try to avoid the situation.</p>
<p>...bring cookies to make up for what I did.</p>	<p>...give people space to think about the situation. I shouldn't rush the resolution of the problem.</p>
<p>...make sure there are no hard feelings despite the formal protocols of apologizing and agreement. Does the other person really feel heard and understood now or is this person just saying what I want to hear to avoid the conflict?</p>	<p>...not think about the issue in my free time at home. Instead of that, I should do something fun and carefree, get my batteries charged and return to 'the war zone' refreshed and energized to tackle the conflict.</p>
<p>...begin a hunger strike.</p>	<p>...utterly abandon my former opinion in peer pressure.</p>
<p>...contact my lawyer.</p>	<p>...drag innocent bystanders into the conflict I'm having by asking them to take sides.</p>

<p>...keep a list of every time a co-worker has wronged me so I can, if necessary, present that list as a proof of everyone being against me.</p>	<p>...refuse to see my errors. How in the world could there be something wrong in <i>my</i> behavior?</p>
<p>...resolve the conflict in arm wrestling.</p>	<p>...refuse to speak to those who I feel have wronged me until they offer me a written apology.</p>
<p>...ask others, how, in their opinion, I could improve my own behavior.</p>	<p>...start to guilt trip or irritate the person in question by insinuating out loud that <i>someone</i> here does not seem to appreciate co-operation. Or that thank Goodness, at least some people still <i>do</i> appreciate co-operation, unlike some <i>others</i>.</p>
<p>...break somebody's nose to teach a lesson.</p>	<p>...be fast.</p>
<p>...laugh at him.</p>	<p>...cry loudly in order to get what I want.</p>

<p>...invite my colleague for a dinner.</p>	<p>...hug my boss.</p>
<p>...accept it.</p>	<p>...call the police.</p>
<p>...dance on the table to make a point.</p>	<p>...blame the hangover.</p>
<p>...blame another coworker.</p>	<p>...blame company policies.</p>
<p>...fake a seizure to escape the difficult situation.</p>	<p>...start crying to score some sympathy points.</p>

<p>...apologize profoundly and swear not to do it ever again.</p>	<p>...refuse to apologize and claim no responsibility whatsoever.</p>
<p>...try to be a good example.</p>	<p>...turn the situation to my advantage and try to benefit from it as much as I can.</p>
<p>...talk with my coworkers and try to diffuse the situation.</p>	<p>...think about what would Jesus do.</p>
<p>...turn my coworkers against the boss and start a strike.</p>	<p>...add fuel to the fire and enjoy the chaos.</p>
<p>...be nasty to my colleagues and spread rumors about the boss on social media.</p>	<p>...work harder and set up a meeting with the boss via email.</p>

<p>...take a sick leave.</p>	<p>...quit my job. I can't handle this kind of huge stress.</p>
<p>...confront my co-workers and tell them I will report them to our boss if things don't change.</p>	<p>...sincerely apologize for what I have done and promise to try to do better next time.</p>
<p>...buy him/her lunch.</p>	<p>...confront and tell him/her honestly how I feel.</p>
<p>...punch my colleague in the nose.</p>	<p>...prepare myself better for the next time.</p>
<p>...think the situation from other's perspective.</p>	<p>...escape from the situation and never go back.</p>

<p>...go and solve the problem right now! This is not the first time I am in this kind of situation, and finally I feel brave enough to defend myself. After all, there is nothing to lose in this kind of disaster.</p>	<p>...listen to my feelings. What am I feeling? Why am I feeling like this? Am I scared? When I accept my feelings and feel safe with them, I can go and share my thoughts with others.</p>
<p>...calm down. I must diminish my feelings and consider if I am overreacting. After a while I can hopefully forget the case and continue my life like nothing had happened.</p>	<p>...think that it's ok to steal because the company has money to buy new ones.</p>
<p>...talk about the issues with my superior.</p>	<p>...pretend not to know about any uncomfortable issues.</p>
<p>...start drinking.</p>	<p>...call my friend.</p>
<p>...just stand by.</p>	<p>...go to therapy.</p>

<p>...organize group therapy.</p>	<p>...use my information as a weapon.</p>
<p>...ask more information before doing any moves.</p>	<p>...try to understand values behind others' actions.</p>
<p>...try to stay open to other options.</p>	<p>...start a mindfulness exercise.</p>
<p>...have a cup of tea.</p>	<p>...start making practical jokes to irritate my boss.</p>
<p>...start making practical jokes to irritate my co-worker.</p>	<p>...remind my co-worker about the rules.</p>

<p>...make my co-worker quit.</p>	<p>...listen what my co-worker has to say.</p>
<p>...stop assuming and ask about the matter. I might be wrong.</p>	<p>...take pictures as a proof.</p>
<p>...cut the crotch out of my coworker's work pants.</p>	<p>...lie to save my job.</p>
<p>...lie to save my co-worker.</p>	<p>...lie to save myself.</p>
<p>...break the rules, because who cares.</p>	<p>...make false accusations.</p>

<p>...follow the rules, no matter what.</p>	<p>...do nothing.</p>
<p>...treat gently.</p>	<p>...tell him/her wrong information about the meeting.</p>
<p>...ignore everything.</p>	<p>...solve things with money.</p>
<p>...give him/her a taste of his/her own medicine.</p>	<p>...meet and ask a fortune-teller.</p>
<p>...search the solution on the Internet.</p>	<p>...drink a lot to forget everything.</p>

<p>...hate him/her and disagree with whatever she/he says.</p>	<p>...work hard and become her/his boss and fire her/him.</p>
<p>...write a song (or a poem) to complain (like Taylor Swift).</p>	<p>...calm down and stay who you are.</p>
<p>...not push myself and others too much. What will be will be.</p>	<p>...go the sleep and see if there are any ideas coming up into my mind the next day.</p>
<p>...go for a long run to let all the negative feelings away.</p>	<p>...start doing mindfulness exercises to reduce the work related stress in your life.</p>
<p>...ignore it. It doesn't harm me directly so why should I bother to do anything?</p>	<p>...act as if everything is ok now, but keep planning for a horrible revenge in your mind.</p>

<p>...try to manipulate your boss to fire the co-worker who is annoying you.</p>	<p>...suggest your co-workers that you make a nice trip together to make atmosphere better at the work place.</p>
<p>...complain about it in the social media.</p>	<p>...take more responsibility for my own behavior.</p>
<p>...go and get a drink with my colleague.</p>	<p>...try to avoid these kind of situations in the future.</p>
<p>...suggest a team meeting.</p>	<p>...smile and laugh more at work.</p>
<p>...fake my death.</p>	<p>...meditate before acting.</p>

<p>...show empathy towards others. When feeling safe, they can stop defending themselves and understand my perspective.</p>	<p>...act like suffocating. Evoking empathy always helps.</p>
<p>...fall silent and enjoy seeing people suffering when trying to talk to me.</p>	<p>...try to share my point of view. It is as worthy as anyone else's.</p>
<p>...start training my colleagues. Clearly, they are not able to behave properly.</p>	<p>...remember my rights. I'm valuable even when making mistakes.</p>
<p>...show my teeth and bark!</p>	<p>...call my lawyer.</p>
<p>...continue behaving as usual. People will get used to it.</p>	<p>...apologize, just in case.</p>

<p>...forget it all. The world is deterministic, so I can't change it.</p>	<p>...check myself into a mental hospital.</p>
<p>...google it.</p>	<p>...try to sell the news to the press.</p>
<p>...ask my mom to come and defend me to my boss.</p>	<p>...hide a rotting fish in the workplace just before my summer vacation as a revenge.</p>
<p>...start giving everyone the silent treatment.</p>	<p>...do my job really half-assed from now on.</p>
<p>...go home and complain about this to my spouse.</p>	<p>...at least consider that I possibly might have done something wrong.</p>

<p>...throw myself on the table crying and shouting: "This is all my fault!"</p>	<p>...slash my boss's tires.</p>
<p>...play the martyr card.</p>	<p>...play the race card.</p>
<p>...leave love notes on my boss's desk when he/she is not watching.</p>	<p>...start drinking in the mornings to make my job less stressful.</p>
<p>...start wearing shorter skirts at my workplace.</p>	<p>...keep my friends close but my enemies closer.</p>
<p>...remember that this is not the end of the world.</p>	<p>...make sure that everyone feels included.</p>