

Reducing Conflict 30 Spread the Joy

by Bob Whipple, MBA, CPTD



When you spread joy to other people, it comes back to you in multiple ways. It is a law of nature: like gravity. This series of articles has been about how to reduce conflict in your life.

You are in Control of Your Life

Take the opportunity to improve your relationships at work and at home. The quality of your life is not a random variable. It has to do with what is going on between your ears. Constantly tend to the needs of other people and provide service where you can. You will find that the joy you bring to others creates a kind of reciprocal joy within yourself.

Manufacture Joy

By following the advice in this series of articles, you will experience lower conflict in your own life, and that is the best way to manufacture joy. To be helpful, I am including an index of the 30 articles in this series along with links to the short video for each one. You can scan the titles to review the articles and videos you find most helpful.

My intention is to continue this series of articles, although the attached video series is now complete. It was originally a series of short videos that I completed six years ago in cooperation with the Avanoo Company.

1. Why Can't We Just Get Along <https://www.youtube.com/watch?v=Mz8Z1PF7xEg>
2. The Wisdom of Many Views <https://www.youtube.com/watch?v=YlwHvfTDuKE>
3. Too Much Team Spirit <https://www.youtube.com/watch?v=mH5kJ8EKqPM>
4. Bad Politics <https://www.youtube.com/watch?v=BMba0W1Z-Uw>
5. The Power of Flights <https://www.youtube.com/watch?v=8QETek1SjPA>
6. Double Sided Labels <https://www.youtube.com/watch?v=90J7ZSb4sxc>
7. The Root of All Conflict <https://www.youtube.com/watch?v=Z7PTp1aSB6g>
8. What They Have to Fix <https://www.youtube.com/watch?v=ctKB0Uiv094>
9. Your Attitude <https://www.youtube.com/watch?v=F3eMEyJd2wU>
10. Retrain Your Brain <https://www.youtube.com/watch?v=xJMoUMmDEug>
11. Building in Lag Time <https://www.youtube.com/watch?v=DChwrf9hXwl>
12. Return to Center <https://www.youtube.com/watch?v=pg2nRhnlMg>
13. Fussy People <https://www.youtube.com/watch?v=TA3cPLC6g9w>
14. Shrinking Bullies <https://www.youtube.com/watch?v=Bq1YOuXkP64>
15. Coaching the Narcissist <https://www.youtube.com/watch?v=fzHNG-N1CGM>
16. Lighting People Up <https://www.youtube.com/watch?v=8FPOFxVaxTc>

17. Get a Word in Edgewise <https://www.youtube.com/watch?v=X--gb3IDAa0>
18. Reverse Roles https://www.youtube.com/watch?v=YQjWLy_0l48
19. Don't Sweat the Small Stuff <https://www.youtube.com/watch?v=Qh1993Zv6-M>
20. Live and Let Live <https://www.youtube.com/watch?v=zDgKFItJllk>
21. Take a Mental Vacation <https://www.youtube.com/watch?v=ikYxbqQmNSs>
22. Care for Other People <https://www.youtube.com/watch?v=xW0SQ8xE598>
23. Extend More Trust https://www.youtube.com/watch?v=3clw_IY58QM
24. Don't Talk Behind Backs <https://www.youtube.com/watch?v=9KMDPoTg0y8>
25. Stop Acting Like Children <https://www.youtube.com/watch?v=kJMZ8TuperA>
26. Listen More Than Speak <https://www.youtube.com/watch?v=MBPbfFRaicw>
27. Create Development Plan <https://www.youtube.com/watch?v=rno1aGBrJq0>
28. Write Your Own Eulogy <https://www.youtube.com/watch?v=-JJrD6zvWFQ>
29. Follow the Golden Rule <https://www.youtube.com/watch?v=G02XJ1WXmmQ>
30. Spread the Joy <https://www.youtube.com/watch?v=5f32WK3BdIE>

I hope you have enjoyed this content and will refer to it often to keep it fresh in your mind.

Free Video

Here is a 3-minute video that contains more information on how to Spread the Joy.

<https://www.youtube.com/watch?v=5f32WK3BdIE>

Bob Whipple, MBA, CPTD, is a consultant, trainer, speaker, and author in the areas of leadership and trust. He is the author of four books: 1. The Trust Factor: Advanced Leadership for Professionals (2003), 2. Understanding E-Body Language: Building Trust Online (2006), 3. Leading with Trust is Like Sailing Downwind (2009), and 4. Trust in Transition: Navigating Organizational Change (2014). In addition, he has authored over 1000 articles and videos on various topics in leadership and trust. Bob has many years as a senior executive with a Fortune 500 Company and with non-profit organizations.