



The Amateur in You, Part 2

What have you been pondering?



Don't take it personally

We're surrounded by a great community of ham radio operators, who tend to be helpful, friendly, and kind. There are times, however, when we might become a little offended at something another person has said to us. We've had training topics that have helped us be more patient and understanding on the radio, but this time, let's focus for just a minute on how we might react when we're on the receiving end of the offense.

We're intelligent beings, yet with that intelligence comes sensitivity; our egos are fragile and bruise easily, especially in today's world. Furthermore, people can be thoughtless and careless with their words, and many don't even know that their speaking habits can be abrasive to others.

You can't really help how you feel, because your feelings are the cocktail result of culture, up-bringing, past experiences (including toxic treatment by others), and your mental health, including possibly your anxiety levels, fears, and trauma.

No, it's not always easy, but here are a few things you can do, if you feel that another person has hurt your feelings, or even mistreated you, on the radio or elsewhere:

- Take a deep breath; if necessary, take a brief *time-out*



- Calmly ask for a clarification; a misunderstanding is often more likely than a direct insult
- Don't assume the worst; give the other person [the benefit of the doubt](#)
- Ask yourself whether the person truly meant to say what he or she had said
- Never react by lashing back with unkind words; retaliation only places you on the same level with the offender
- Although it might have been hurtful at the time, ask yourself whether the offense was truly that important, and whether you can turn the other cheek and let it go

Ham radio is not made from a single personality type, but instead is a community of a very diverse set of customs, habits, and languages. We've all come together for the common cause of amateur radio, yet the craft has attracted good folks from all walks of life, good folks like you.