

# Not My Problem Picture This



## NEVER SAY AT WORK

(AND WHAT TO SAY INSTEAD)

The workplace can be a minefield of office politics, stress and complicated relationships. One way you can make your time in the office easier is by knowing what not to say.

- 1**  
**"That's not my problem"**  
  
**WHY NOT TO SAY IT:**  
We've all heard it before and when you're juggling a lot of things, it's easy to dismiss things that aren't "your problem". Unfortunately, you can potentially appear self-serving and not a team player.  
**WHAT TO SAY INSTEAD:**  
I recommend you talk to... (insert name)
- 2**  
**"But we've always done it that way"**  
  
**WHY NOT TO SAY IT:**  
People can be scared of change and while there is value in experience, it's not always a legitimate reason. It can make you appear inflexible and "stuck in your ways".  
**WHAT TO SAY INSTEAD:**  
That's a different approach - can you tell me why it is better?
- 3**  
**"There's nothing I can do"**  
  
**WHY NOT TO SAY IT:**  
Sometimes it really does feel there's nothing we can do, especially if we've exhausted all possibilities. Adopting a "can-do" attitude would go much further than admitting defeat.  
**WHAT TO SAY INSTEAD:**  
I'm a bit stuck, can you help me find any other options?

