Being a good person, employee, or friend does not mean responding positively to every stimuli. It is important to know when to say “no”; maybe even more important than knowing when to say “yes”. Thoroughly examine the situation, the consequences of their and your decisions, and decide on the best course of action. When choosing to support an idea or action, commit to it if you wish to be a reliable member of a relationship or team. However, maintain that you must only commit if you have full responsibility over the outcome of your commitment.

When estimating your abilities, it is almost always best-practice to underestimate and overprepare for the worst-case scenarios. Hubris truly is the downfall of all men, but it can also bring down the people around you who rely on you to function reliably. However, when things do not go to plan, do not make a mess by covering up. Work within your relationship or team to make things right; maybe you will even improve something.

Conflict is bound to happen, because of interpersonal relations or external forces. Instead of criticizing, stonewalling, or becoming defensive, first analyze how you can improve yourself. Work from that point to find an amiable and reasonable way to ameliorate the situation. Resolved conflict will strengthen relationships of all kinds, and refines the bonds between the members of them.