**Situation 1**: During a work meeting, your colleague Taha called you incompetent in front of your team. You felt humiliated.

Me : I really would talk to you and hearing from you in what aspect my work has made you feel that I am incompetent can you explain for me more please and tell my why did you say that.

We can solve the problem.

**Situation 2:**Your colleague Emna is busy at work and cannot complete her tasks. She insists very much that you do one of her work tasks. It’s 5:00 and you want to go home. It’s been a very long and painful day. You’re tired. You can’t help her.

Me: Unfortunately, I have too much to do today and I am busy. I can help another time