

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 65: Passing the Naughty Monkey Back with Dr Amit Sharma

In this episode, Rachel is joined by Dr Amit Sharma, a GP partner, GP trainer, Managing Partner at his practice and a Clinical Director.

Amit and Rachel talk about dealing with 'naughty monkeys' at work and the toll it takes on our physical and mental health. He shares his thoughts on why doctors tend to easily take on our patients' concerns and why we find it difficult to give these naughty monkeys back. Lastly, we discuss how we can stop rescuing people all of the time and be okay with that.

Podcast links

- [Medics Money Podcast](#)
- Connect with Amit on [LinkedIn](#).
- COVID 19 Supporting Doctors Series:
 - [E27](#): Stress & anxiety
 - [E36](#): COVID fatigue
 - [E63](#): How to Survive
- Find out more about the [Permission to Thrive](#) CPD club for doctors.
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

QUOTE TO REMEMBER:

'Those problems are often not for us to own and not for us to take away... Yes, we can advise and help, but quite often, the patient or the client themselves has to be the one that takes the steps to actually curing that problem or moving to a better place.'

What You Will Learn from the Activity

As healthcare providers, we have the propensity to possess a hero complex. We feel compelled to go above and beyond our call of duty and sometimes take on our patients' many concerns.

Like others in similar professions, the problem stems from our tendency to want to help them manage these concerns, waggishly called 'naughty monkeys'. These are burdens and personal troubles that clients bring during consultations. We try to address them despite them being unrelated or beyond what we should be working on.

These naughty monkeys can stay with us and eventually drain us. We become burdened by our patients' problems. Worse, we may develop a cycle with our clients where they feel that they can unload to us, we focus on them and become unable to give as much of our mental energy to other patients who need our attention.

This workbook will help you look back at moments when you may have failed to notice that you unknowingly let naughty monkeys in. In doing so, you will also reflect on and unpack how you have responded to them. Did you let them linger? Or were you successful in shooing them away?

It is also your chance to think of practical ways to properly and proactively deal with these pesky, naughty monkeys.

Activity: How to Tame the Naughty Monkeys

What are the key takeaways from this episode?

What have you learned about the idea of 'naughty monkeys'?

Can you recall recent experiences when you were unable to address the presence of these naughty monkeys? What do you think were the reasons that prevented you from passing them back?

How did it affect you? If it persisted and became cyclical, how do you think it could have impacted you and your work?

In the moments that you were successful in managing the naughty monkeys, what strategies did you employ?

Based on what you learned from the episode, what specific steps can you take to maintain professional boundaries in your relationships with clients?

Knowing how to respond to patients is necessary for asserting that boundary. What kinds of answers can you give when clients start unloading concerns unrelated to or beyond what you are being consulted for?

CPD time claimed:

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