



The Office

Guide to Adultitis by Jason Kotecki

This eBook examines the Adulthood levels of ten characters from the hit NBC show *The Office*. It also serves as a handy guide, giving you the opportunity to learn from each character while providing tips on how you can avoid contracting Adulthood at work.

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P.S. Tune in to *The Office* on NBC every Thursday night. It's a funny show.



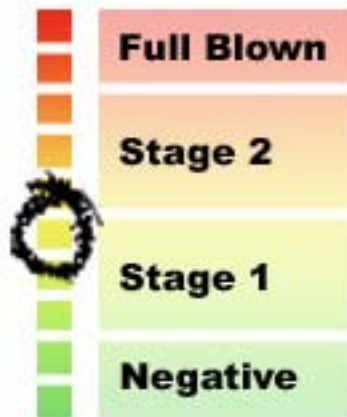


Michael Scott

Analysis

Michael Scott, regional manager of the Scranton branch of Dunder Mifflin, is a complex individual. Especially when it comes to Adultitis. On one hand, he has a very childlike nature. Although his sense of humor is not always on target, he seeks out fun, generally cares about his employees, and has a desire to make everyone around him happy. On the other hand, he has a big ego with overly grandiose views of himself, is often sexist and racially insensitive, and often engages in inappropriate behavior (like using the occasion of Diversity Day to suggest that everyone state a race that they are sexually attracted to.)

ADULTITIS-O-Meter



Adultitis Avoidance Tip

People like doing business with people they like. That credo extends beyond the business world, too. If you're on a volunteer committee or running for office, caring about other people and striving to make them happy will go a long way. However, be mindful of crossing the line between childlike and childish. Unless you're Michael Scott, you probably know the difference. Oh, and one more thing: never invite Boy Scouts to a Casino Night on a school night that involves gambling, alcohol, and food catered by *Hooters* in a dangerous warehouse.

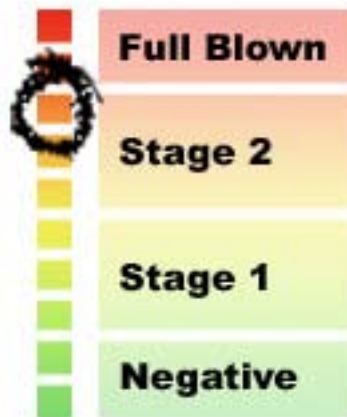


Stanley Hudson

Analysis

Stanley has a level of Adultitis that occurs when one stays in a routine so long that it transforms into a rut. His grumpy and disgruntled nature stems from staying in a job he clearly does not enjoy. He is pretty laid back and quite clever, but his job – and disdain for his boss – hinders him from truly enjoying life. This renders him, for the most part, pretty unhappy.

ADULTITIS-O-Meter



Adultitis Avoidance Tip

As Ellen Glasgow said, “The only difference between a rut and a grave is their dimensions.” If you find yourself in a rut, quit digging!

Make a point to break up your normal routine. Take a different route to work. Try something new for lunch. Listen to a different radio station on the commute home. Interrupting your normal rhythms will help you to see things in a new way and will lead to creative and exciting breakthroughs.

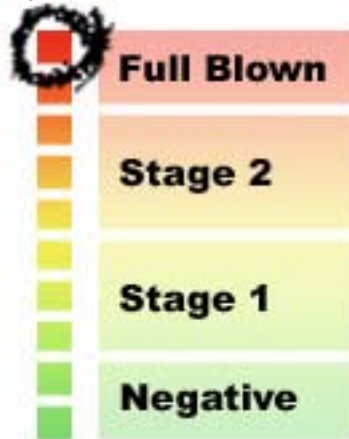


Angela Martin

Analysis

Angela is the head of the accounting department at Dunder Mifflin. Cold, judgmental, and uptight, she clearly has a case of full-blown Adultitis. Far from playful, Angela frowns upon all frivolous activity. She is strict, stubborn, and a perfectionist. As the office safety officer and head of the Party Planning Committee, she enjoys judging others and bossing people around.

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Adultitis Avoidance Tip

Whether on a school playground or an office boardroom, nobody likes someone who's bossy. Treat the people you work with with respect, even if you disagree with them.

If you're the person in charge, give others the opportunity to make some decisions. They'll probably do it a little differently, but that's okay. They'll respect you for it, and will be more willing to help you the next time you need a hand.

And as far of hanging posters of infants posed as adults, you're on your own.

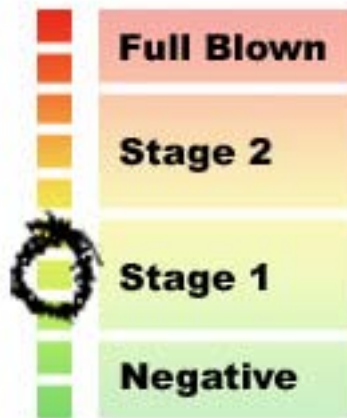


Andy Bernard

Analysis

Andy's childlike side comes out in his playful demeanor. A self-avowed "frolf nut," Andy enjoys games, making up nicknames for co-workers, and is a master of pig latin. He also unabashedly sings in a high falsetto voice. Unfortunately, Adultitis shows up in his severe anger management problems. He has been known to throw very childish tantrums, and often relies on overtly flattering others in order to look good.

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Adultitis Avoidance Tip

You're always going to have some critics. Don't let them rain on your parade when you let your childlike spirit out to play. After all, you can't make everybody happy. Some people will feel threatened and may even insult you. Chalk that up to a high level of Adultitis on their part.

The important thing is to not try and present yourself as something else. Just be yourself. Do that and you'll do just fine.

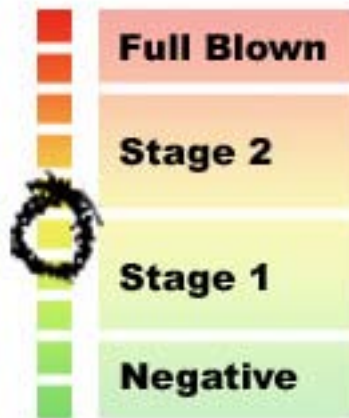


Kevin Malone

Analysis

Kevin has a rather unenthusiastic and lazy approach to his job and life. His childlike spirit is often overrun by his juvenile sense of humor and blunt, offensive comments. However, his enjoyment of M&Ms, engagement in office games, and participation in a local Police Tribute Band tend to keep him immune to extremely high levels of Adultitis.

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Adultitis Avoidance Tip

A great way to avoid Adultitis is to get off your butt and go do something. Exercise gets the blood flow going and releases endorphins that make you feel better. Go for a walk, play frisbee, or rock out in your very own tribute band.

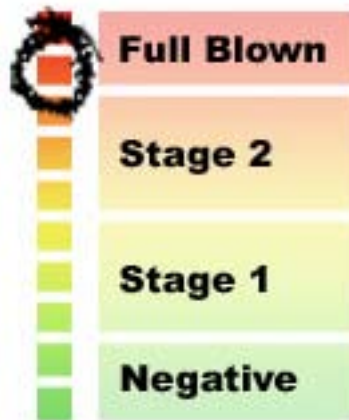


Ryan Howard

Analysis

Ryan started out as a temp at Dunder Mifflin's Scranton branch, where he was relatively Adultitis-free. However, after taking over Jan's widely sought after job at Dunder Mifflin's corporate office in New York, Ryan's ego became terribly inflated. Overconfident and arrogant, he began taking himself way too seriously, speaking in business buzzwords and bragging about his newfound wealth. Drug abuse shortly followed and he was ultimately arrested for fraud.

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Adultitis Avoidance Tip

Pretty much elementary school 101:

Say no to drugs. Don't lie. And don't be a jerk.

It is surprising how many people fail to heed that advice, but it will get you pretty far in life.

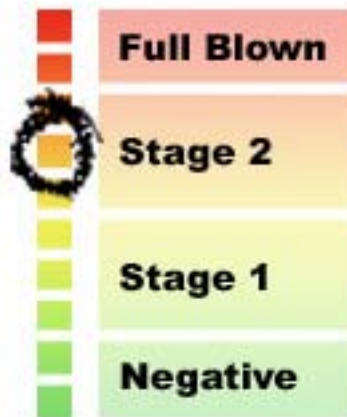


Toby Flenderson

Analysis

Toby, the former HR rep at Dunder Mifflin, is liked by pretty much everyone but Michael Scott. He leads a fairly routine, dull, and unfulfilled life. This is due primarily to his insistence on following rules and his aversion to taking chances (such as telling Pam how he really feels about her).

ADULTITIS-O-Meter



Adultitis Avoidance Tip

Be it a sibling, a parent, a friend, or even someone you secretly admire, life is too short to put off telling someone how you really feel. Sure, it may be uncomfortable or awkward, but that will eventually pass. The regret at missing your chance, however, never will.

Also, give yourself permission to live a little. Challenge yourself to do something your parents would never let you do as a child, like eating dessert first. We won't tell on you!

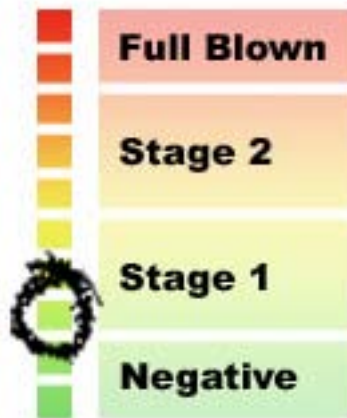


Jim Halpert

Analysis

Jim is among the most Adultitis-free people at Dunder Mifflin. He is playful, kind, and laid back. He doesn't take himself too seriously and brings a lot of fun into the office. He is often playing (mostly) harmless pranks on Dwight – such as hiding his stapler inside green Jell-O. One downside is that he, like many of the others, stays in a job that he is both overqualified and uninterested in.

ADULTITIS-O-Meter



Adultitis Avoidance Tip

Pretty much any job can be infused with a little bit of fun, even if it's just little made-up games you play with yourself. But if you find it increasingly difficult to get out of bed each morning and begin to believe that throwing yourself in front of a moving train could be a welcome alternative to spending one more day at work...well, it's time to make a change.

Seriously.

Life is way too short to stick in a job you hate.

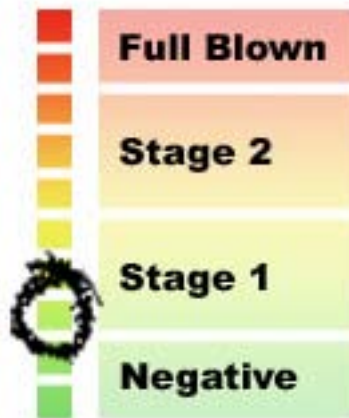


Pam Beesly

Analysis

For the most part, Pam is fairly Adultitis-free. She is fun and funny. The office receptionist is often playing pranks on Jim's desk mate, Dwight. Unfortunately, she has chosen to remain stuck in a job she doesn't like, even though her dream is to have a career in graphic design, an area where she shows great promise. Hopefully she will summon the courage to move forward on the path to her dreams.

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Adultitis Avoidance Tip

It can be scary to pursue a dream. There are a lot of unknowns involved. You may have to make some big changes.

But if a long-harbored dream makes your heart sing, you owe it to yourself to give it a try. And remember, it doesn't have to be an all or nothing proposition. If the timing isn't right this very moment, work on preparing yourself in the meantime so you'll be ready when the opportunity finally does present itself.

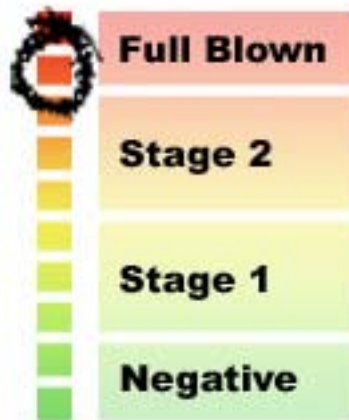


Dwight Schrute

Analysis

Dwight gets points for having childlike items on his desk (a bobblehead of himself) and for having a wide range of out-of-office pursuits (such as *Battlestar Galactica*, ping pong, and paintball). However, Dwight takes himself MUCH too seriously. He has little (if any) sense of humor. He craves authority and places too much emphasis on titles. He is quite rigid and inflexible, described as “someone who does not hate the system, but has a deep and abiding love for it.”

ADULTITIS-O-Meter



Adultitis Avoidance Tip

You may have some quirky interests. That's cool. Celebrate them.

Be a good worker, but keep your lips off the boss's butt.

Take your work seriously, but don't take yourself too seriously.

Feel free to offer to care for your friend's sick cat, but don't stuff it in the freezer to put it out of its misery.

Oh, and keep knives out of the office filing cabinet, ceiling tiles and toilets.



That's The End

(That's what she said.)