

# How to completely, utterly destroy an employee's work life

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## *The Washington Post:*

Recall your worst day at work, when events of the day left you frustrated, unmotivated by the job, and brimming with disdain for your boss and your organization. That day is probably unforgettable. But do you know exactly how your boss was able to make it so horrible for you? Our research provides insight into the precise levers you can use to re-create that sort of memorable experience for your own underlings.

Over the past 15 years, we have studied what makes people happy and engaged at work. In discovering the answer, we also learned a lot about misery at work. Our research method was pretty straightforward. We collected confidential electronic diaries from 238 professionals in seven companies, each day for several months. All told, those diaries described nearly 12,000 days – how people felt, and the events that stood out in their minds. Systematically analyzing those diaries, we compared the events occurring on the best days with those on the worst.

Read the whole story: [The Washington Post](#)