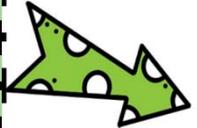


# STOP Worrying About What Others Think!

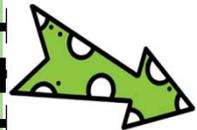
Easier said than done but with practice and self supportive talk, it can improve. It is great to know that others appreciate, respect and enjoy our company. However, it can be damaging to us when we obsess and worry too much about what others think of us. The fact is, people will always have opinions about us. Some of these opinions may be accurate and some will not. Understand – not everyone will like you which is OK.



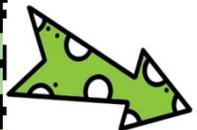
**Rule # 1** – Don't predict too much or try mind read what others are thinking about you.



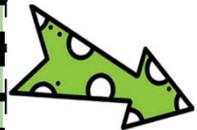
**Rule # 2** – Consider where it is coming from. Is the source reliable? Do you value this person's opinion?



**Rule # 3** – Surround yourself with true friends. Don't waste time with somebody that doesn't value or respect you.



**Rule # 4** – Rise above it, reserve judging others. Be the optimist when meeting others for the first time. Making value judgements are rarely helpful.



**Rule # 5** – It's only their opinion, and others aren't always right. You can't control the actions of others BUT you CAN control yours.

**Task:** Explain when you worried too much about how others felt about you. Describe how the rules above can assist you: