

Presented by BU Happiness College

How To Stop Worrying About What Other People Think

www.buhappinesscollege.com





There is a difference between caring about what others think and worrying about it.

When you care what other people think, you respect and value their opinion.

When you worry about it, you depend on their validation for your worth.

So keep caring. Keep treating people like they matter. Just know that you matter too - **whether they confirm it or not.**

- Lori Deschene



Patterns that can be learned / modeled in childhood

The Helper

[noun]

Selfless and caring - ready to lend a hand whenever needed and to actively improve the lives of others.

Likes to give, help and empathise with others which can also lead to high achieving, self-sacrificing and also feeling hurt if helping/giving behaviours aren't reciprocated.

The Empath

[noun]

Highly attuned to others' mood and feelings. Thrives in harmonious situations, absorbing the 'good feelings' but also notices when tension is high or 'bad feelings' are present and absorbs that too. This can lead to burnout as a flow on effect from not being able to separate their own emotions from others.

People Pleasing

[noun]

The want and need to please others - often due to fear of rejection, the want to be liked or to prove you are 'good enough'.

The 'yes person', finds it hard to say no. Values praise from others, says sorry when no apology is required and pushes aside own needs to accommodate everyone else. This can lead to burnout and resentment to people or situations due to not being able to prioritise themselves often.



Patterns that can be learned / modeled in childhood

Beliefs

Often, beliefs are thinking patterns, opinions and values that have been passed down from influential people in childhood that then grow and develop as you grow and develop.

This can lead to limiting beliefs and negative self talk or societal perspectives / opinions that aren't actually your own.

Seeking Approval [noun]

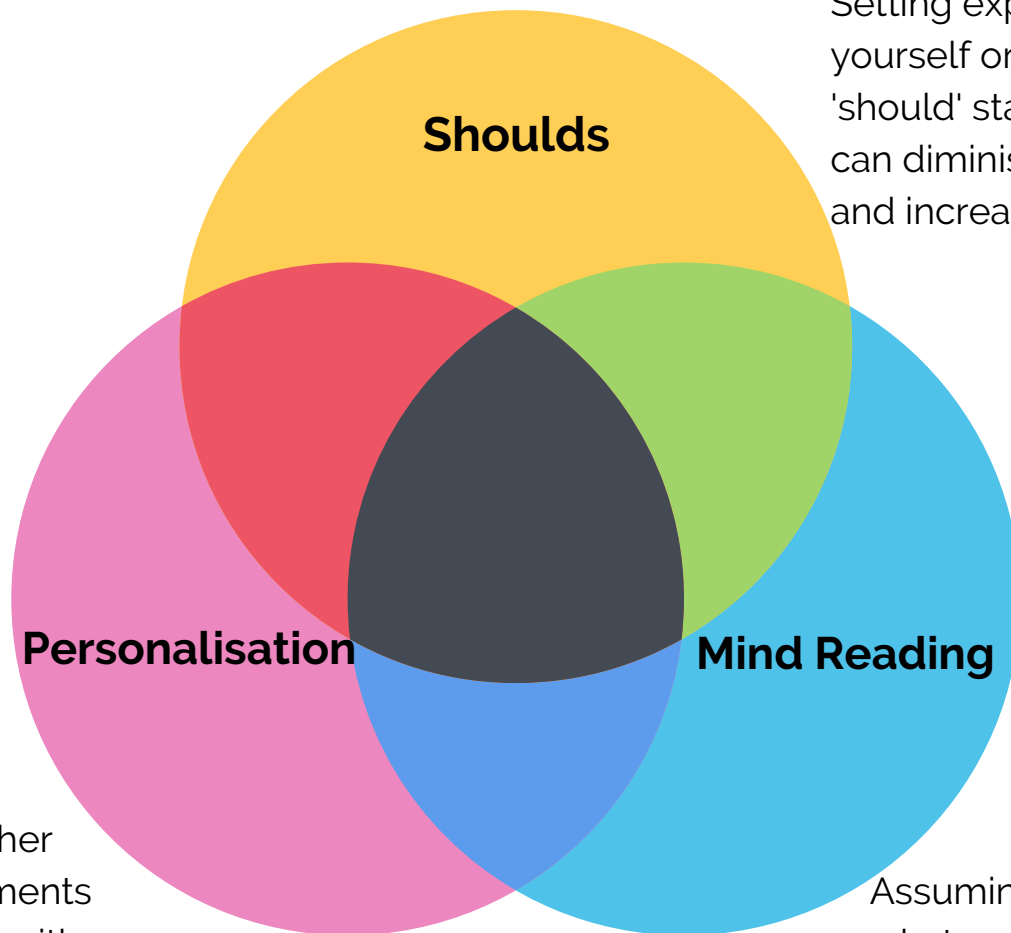
The desire to seek approval or validation from others comes from the basic human psychological need of Connection.

This can mean seeking approval of your own thoughts, feelings, beliefs, choices, values and actions which can lead to a varying sense of self via lack of self-awareness.

Which of these do I recognise coming up for me?



Common cognitive distortions



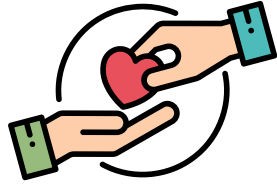
Setting expectations on yourself or others with 'should' statements which can diminish self esteem and increase worry

Believing another persons statements are about you, with no proof or evidence.

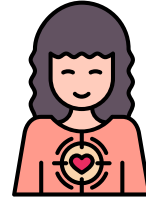
Assuming you know what someone else is thinking.

Notes

Strengths of caring what others' think



Kinder to others



More sensitive to other's emotions



Can help maintain close relationships



Can prevent rash decisions

Which of these do I recognise coming up for me?

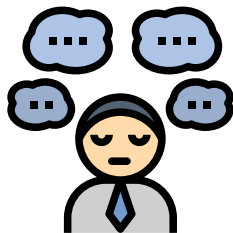
Limitations of caring what others' think



Stops you from doing things



Can cause worry, stress & overthinking



Loss of self confidence



Loss of sense of self & identity

Which of these do I recognise coming up for me?

Increasing your self worth

Consider what you are worrying about. Put it into context - 'Ok, if that happens, then ... '



'If, then ... '
statements

What energy do I want to bring to this situation? What does it look like for me to embody that? Call out your inner critic - is this what you're actually worried about?



Define the narrative,
don't let it define you

Expect and accept that people are going to have opinions of you. It's only human. But that doesn't mean their opinion has to define you or dictate how you feel. 'Someone else's opinion is none of my business.'



Expect opinions



Increasing your Self Worth

be on your own team! Be weird, be silly, get to know the real you. Build a strong level of identity



Be yourself!

Empty rounded rectangular box for notes.

Get perspective - maybe you've prioritised yourself in a situation: 'How is this a yes to me?' 'How can this no be good for them?' Remember, this person doesn't get to make my decisions.



Reframing

Empty rounded rectangular box for notes.

Utilize the raft & the river concept. What is within my control here? Am I placing any expectations my myself or others? What am I worrying about outside of me?



Focus on what you can control

Empty rounded rectangular box for notes.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...