Taking it *Personally*

We all hold private opinions of people, places and situations. These opinions are shaped by so many influences that we gather throughout our lives, such as our past experiences, our personality, our culture, our education, and even the TV shows we watched as a kid!

The bad news is, we have zero control over what other people think.
The good news is, very little of someone elses opinion of you is actually about you!

In fact, their judgements are more of a reflection of them than they are of you, but we tell ourselves stories about what their opinions mean, and usually we don't come off well. This serves noone, especially you.

The next time you take something personally, grab a pen and write down the thoughts you are having that are creating those negative emotions. Then, when you have calmed down, revisit these thoughts and ask yourself the questions on the next page.

Sometimes it is helpful to see our thoughts in the cold light of day to get some perspective.

Negative thoughts (write at the time of having them)

Revisit these thoughts later when you are calm.

Taking it *Personally*

Looking back on these thoughts, what were the actual facts of the situation?

What stories were you making up? (i.e. everything that isn't a fact) Can you take a guess at where that story might have come from?

What would be more realistic, neutral or even positive thoughts that you could choose to think instead?

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