



LIBERATE YOUR AUTHENTIC SOUL

51 Truths to Care Less
about Others' Opinions

BY POSITIVE HAPPYNESS

DISCLAIMER

Liberate Your Authentic Soul By Janice Yap

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I would like to convey my greatest appreciation for my parents, Michael Yap and Tracy Quek for their love and sacrifices for me as I was growing up.

To my hubby and my partner for life, Jacob Ong, thank you for all the love you have showered over me. Your constant encouragement has helped me to grow and become better. I want to live till 120 years old with you!

To my son, Joshua Ong, mummy hopes that you will grow up to become a man who contributes to the betterment of this earth. Remember that we all have a part to play in making this world better.

To my in-laws, thanks for all the support you have given me in bringing up my little one!



ABOUT THE AUTHOR



Hi, my name is Janice Yap, creator of the *Positive Happyness Bundle* together with ebooks *Liberate Your Authentic Soul* and *7 Health Myths Demolished*.

I was born into a lower middle income family in Singapore, struggled through the regular education stream to make it to university. During those years, my parents were drawing an average salary, just sufficient to make ends meet, with some months on deficit. Nevertheless, they provided for me and my sisters to the best of their abilities, forking out more money from their savings for additional lessons to develop us. My dad even had to take on two jobs during our growing up years, so I barely saw him during the week days. On weekends though, he would spend quality time bringing us out to the zoo.

Just after I entered university, my dad was retrenched and finances were a lot tighter in the family. My allowances were barely sufficient for the endless list of necessities.

For the large fraction of my life, I have been very much inward looking, focusing on what I did not have rather than what I had,

focusing on what was unfair instead of what I was freely given. I was always feeling down, focusing too much on a great deal of negativity. I felt that life was being unfair to me.

Despite the negativity, I was determined to do very well in my university course as I had bought into the society's notion that getting a good degree would land me a good job, in a good company and it will be happily forever after. Hence, I devoted almost all my waking hours to studying. My efforts paid off, and I graduated with First Class Honours in Chemical Engineering from the National University of Singapore (NUS).

I kicked started my work life in a global multinational, one of the top 10 of the Fortune 500 companies. Do you think my life was really happily ever after? ;)

Although I was earning well and it was comfortable in that working environment, I nevertheless continuously questioned about my purpose of being there. I wondered about whether I was here by default, or was I where I was by design? Is this truly the life I wanted? Or was it because of expectations of the people around me and the importance I placed on their opinions which brought me here. Could I be much MORE?

I dug deep to understand what I truly wanted. I came to the realization that many times, when we want to get off the beaten

track, and do something that is different from what society dictates, we need to start caring less about what people think.

Society dictates that we...

Study hard, graduate from a good university with a good degree. Get into a Big company and work and work and work...till we retire (or die, if we so happen to die before we reach retirement).

I was sure that's not how I want my life to be like. I wanted to make every second and every minute of my life count. I believe everyone one of us, has what it takes to make a difference in the world. I am one of them, and so are you. We just need to take action to make this world a better place.

And that was what I did. I submitted my resignation after my 7th year once I got clear of my direction in life – To help more people reach Ultimate Freedom.

Freedom can be in many ways. One would be to free our minds from negativity. That's why, I have earlier released the [Positive Happyness Bundle](#) to help more people build their happiness on the right foundations.

Freedom can also be in the area of health, where it takes the right knowledge to safeguard our health. For that, I have released [7 Health Myths Demolish eBook](#).

Freedom can also be in a social aspect, in terms of limits that are placed on us by our societal norms. For that, we need to start conditioning our minds not to care so much about what other people think. So, here's my latest book titled *Liberate Your Authentic Soul – 51 Truths to Care Less about Others' Opinions*.

In life, there are many people who will give us advice about life. Do we take all of them into consideration? Or do we analyze and give weight to their advice based on a fixed set of decision making criteria.

When we want to do something off the beaten track, it is inevitable that many concerned friends and family members will discourage us. How do we handle this?

This is something which I have personally faced in the last couple of years as I left my comfy job and decide to step foot into the entrepreneurship world. Having gone through these challenges, it is my wish to share my knowledge and inspire others to also live Authentically. To give weight to your inner voice.

You can be MUCH MORE too! Let's take on the challenges to life together!!

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CONGRATULATIONS!

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WHY DO WE CARE SO MUCH?

At some point or another, we've all worried about what someone else is going to think of something we do or say. It's natural, and in part, it stems from our "lizard brain"—that part of the brain we all have that is primitive and is there to keep us safe.

We don't want to make a mistake that gets us in trouble with other people. We don't want to say something that offends. We would rather "take flight" and avoid doing anything risky, than "fight" by saying or acting how we actually feel.

The problem is... many people live their lives solely based on what other people might think if they do or say something.

They may not even know what others are thinking—they might just *assume* they know. Unfortunately, this means they are sitting on the sidelines with their dreams and desires, fearing to take action lest someone take offense or think they are ridiculous.

This is the truth of the matter though... we can't read other people's minds, even though we convince ourselves that we can.

We try to read people's minds by getting caught up in our own heads. We worry and wonder what possible scenarios may play out if we do or say something that others won't accept. We think we know how people will react to our actions. This leads to a lot of "should-ing" and "would-ing." And misery!

Our mind chatter is plentiful in these cases because of years of social and cultural conditioning, regardless of our lifestyle, appearance or belief system.

We are basically told what will be accepted and what won't be as we progress through our younger years. These cultural norms ultimately create a filter in our own minds that all of our thoughts and actions pass through prior to us taking action.

One of our most enduring social fallacies is the idea that what others think of us actually matters.

While this notion clearly has primal evolutionary roots (i.e. lizard brain), its shift from survival instinct to social imperative has become one of our greatest obstacles to self-acceptance.

Our lizard brain *used to* keep us alive—literally. But now it often does us a great disservice in making us believe we have to rely on others to like us and validate us so that we can survive. In other words, even though we don't need our lizard brain nearly as much as our ancestors, it has stuck around, and we can easily fall into believing everything it softly whispers in our figurative ear.

Everyone wants to be liked and accepted, but many of us spend too much time and energy worrying about what other people think. You might not even realize you're doing it, but these kinds of mental gymnastics are unhealthy and stressful. They keep us in a constant state of “fight” or “flight”. They make us feel unworthy and remove our attention from the present moment, and what is truly important.

There is good news though!

We have the ability to rechannel our thoughts and energy so that we no longer sit on the sidelines worrying about what other people think of us. We can live our authentic life joyously – and by our OWN terms.

This book is the first step...

In this report you will discover what happens when you care too much, how to stop worrying about what other people think, and how you can maintain a healthier and happier relationship with yourself and others by caring *less* about what they think.

DO YOU CARE TOO MUCH?

How many of your thoughts are devoted to the opinion of others?

That heavy burden that weighs down on you, day in and day out, stems from the opinions of other people. Why is it that so much of our happiness is wrapped up in the opinions of others? One question about a sentence we uttered or a decision we made has the ability to send us into the deepest depths of misery and self-loathing.

I am certain you know the feeling!

Has the weight of other's opinions become a burden to you? If so, It will inhibit you from living your life because, your entire being—your personality, your thoughts, and your actions—are controlled by an idealized standard of what *other* people want to see.

When you become so obsessed with other people's opinion of you, you can forget your own.

But how do you know if you are just being considerate of others' feelings or if you are preoccupied with what others might think? Here's a list of things to consider.

If you find yourself relating to any of these situations, then you should consider the fact that you might be one of the millions of people who simply *care too much*...

TRUTH #1 YOU THINK PEOPLE ARE ALWAYS TALKING ABOUT YOU

Gossip is an ugly look on anybody, but it's a reality of the world we live in. No one hopes they'll be the topic of conversation when they're not around, but if your worries have become all-consuming, that's not good.

Even if you are the subject of someone's conversation, there's no need to concern yourself with matters you can't control. Ever heard that another person's opinion of you is none of your business? Well, it's true. No matter what they think, it's not going to change the way you live your life. At least it shouldn't.

TRUTH #2 YOU'RE AFRAID TO EXPRESS YOUR TRUE OPINIONS

Some people are highly opinionated. Others are more reserved. And yet some, those who care too much what others think, seemingly have no opinion at all.

Their worries are so great that they never really, honestly, speak their mind. It may not be polite to shove every highly-opinionated thought you have down another person's throat, but you're certainly not doing yourself any favors by keeping your beliefs locked up inside, particularly if someone is asking you a direct question. You owe it to them to be honest, but most importantly – you owe it to yourself!

TRUTH #3 YOU DON'T STICK UP FOR YOURSELF

This can be in a number of different situations. One example is when someone says something rude to you. There are also more long-term examples, for like staying in a harmful situation for too long, a job you hate or relationships with toxic people.

Your low self-esteem makes you believe that you are somehow not good enough to find a better situation, friend or job, so you stay. You may even be accepting poor treatment in the hope it will ultimately end in the other person's approval. If this sounds like you, then you certainly "care too much".

TRUTH #4 YOU AIM TO PLEASE EVERYONE

People pleasers are the worst—not for others, but for themselves. They are pleasant, but fake. To please everyone else, they can't possibly be true to themselves.

It isn't complicated. This happens because to make everyone happy, you must adapt your behavior towards them. Yes, being authentic means you're not going to be everyone's favorite person. But so what? It's okay if you don't click with every person you come across. That's called life. Don't bend over backward to "fix" it.

TRUTH #5 YOU'RE A SOCIAL CHAMELEON

"When in Rome" can only be taken so far. While it's natural to want others to like you, at least to a certain degree, there's a fine line between being pleasant and completely changing your ways. Being a "social chameleon" can actually be helpful in some scenarios.

However, it becomes a problem if you catch yourself morphing into someone totally different than your true self just to fit in. If this sounds like you, then you care too much what others think of you.

It's never good to alter who *you really are* just to fit another person's idea of perfection. If you find this is you, it might be time to question who your real friends are because it's not worth your time trying to please people who don't appreciate the real you.

TRUTH #6 YOU FOCUS ALMOST EXCLUSIVELY ON HOW OTHERS TREAT YOU

It's a certain sign of insecurity to soak up your identity from what the world tells you about yourself. Each person is going to have a baseline opinion of you, according to the chemistry of your personalities, values and their prejudices.

This baseline opinion is not reflective of your quality or worth but reflective of those complex variables. People we meet come to us with their own past experiences and biases. In many cases, there's very little we can do to affect whether or not someone likes us because we can't control their past, their preconceived notions or their thoughts.

Focusing on how others treat you is problematic in two ways. First, you're putting a lot of emphasis on things you can't control. Second, you're not putting emphasis on what you can control—you.

You can and should define yourself and let the world take you or leave you. If someone treats you poorly, that is a reflection of them – not you.

Even the most extreme personalities can find a niche in this world. People respond well to authentic, genuine people, even if they are a little unconventional.

TRUTH #7 YOU CAN'T SAY NO

Some people are terrified of the word. But “no” is just as important as “yes.”

The reason for not saying no when you want to, boils down to not wanting to disappoint the asker. You can spend your whole life saying “yes” to things you don't want to do and then look back to realize you wasted your life doing everything *except what you wanted*.

Life is too short to let that happen!

TRUTH #8 YOU ALWAYS PLAY IT SAFE

You don't want anyone to get hurt because of your deeds or words. You also don't want to stir negative emotions and make people feel bad. So, you try to play it safe, living your life in a cocoon.

Such safety zones demonstrate that you are averse to taking risks and stepping out of conventional boundaries. Not because that is who you are, but because you are too worried about what others will think of you.

TRUTH #9 YOU ARE BOASTFUL

You exaggerate your accomplishments and sometimes you go way overboard to publicize your accomplishments. You like to talk about yourself and want everyone to listen to what you have to say. Whether you are the loudest person in the room or try to seem like the smartest, you are only doing this to make others aware of you.

Be proud of your accomplishments, and never be meek. However, always balance that out with a sense of calm and understated confidence. There is no need to try and force people to think you are great. Just be it.

TRUTH #10 YOU ARE OFTEN TAKEN FOR GRANTED

People walk all over you, take what is yours and disrespect you. People perceive your over-willingness to please for weakness. Caring too much about what others think shows an inferiority complex. Most times, this will lead to disappointment.

We all should be complete and be proud of who we are. Stand up for what you believe in, and more importantly – stand up for who you are. Your time is valuable, your opinion is important and you deserve respect

If you feel like you fall into any of the above scenarios then you likely have a problem with caring too much. If you relate to a few of them, or even more, then you very likely have a problem with caring too much. Luckily, in the upcoming chapters we will take a look at what you can do to deal with that!

WHY YOU NEED TO STOP CARING ABOUT WHAT OTHER PEOPLE THINK

As we have mentioned, lots of people are led through life by what other people think of them—or rather, what they *think* others think of them.

Caring too much about what others think of us comes from fear—fear of not fitting in, of looking like an idiot, of being rejected.

Whether it's your parents, your partner, your friends or your co-workers: If you find yourself *always* considering what someone else will think before you decide to do something, you are giving those people the power to run your life.

Changing that is possible, but it's up to you to take the steps to make it happen. You can take back your life! The below points will look at why you need to make this change *now*.

TRUTH #11 YOU GIVE AWAY YOUR POWER

Many of us worry about fitting in and conforming to what we think we *should* look like, sound like and act like. What we ignore, however, is what we *want* to be like and who we *can* be.

What we need to discover and acknowledge is what really matters to you as an individual. We can get so worked up about being accepted by those around us, whether we know them or not, that we ignore what it is we want to do with our lives.

Strictly speaking, we give away our very own personal power ...just to fit in.

TRUTH #12 DIMINISH YOUR MENTAL HEALTH

Continued ongoing stress is a serious issue. It can contribute to already problematic conditions such as anxiety and depression. It can also cause it's own host of issues that can even manifest itself physically.

We put ourselves under constant stress trying to fit into an what we think other people expect of us. We believe that if we do not fit in, we will somehow suffer in some way. In fact, it's the opposite that happens. Harboring these type of thoughts will cause more damage to our mental well being.

TRUTH #13 YOU GIVE UP YOUR HAPPINESS

Living a joyful life comes from being authentic and living your life the way you want to.

When we only live for others' approval, we accept a joyless existence. If all your happiness is wrapped up in the opinion of others, you will never be happy; it's that simple.

If one small insult, one jab, one bad opinion of you sends you into a deep depression and a fit of self-loathing, you will live your life scared of every word. You can't live your life being so vulnerable that one thing can change the entire course of your happiness.

It takes courage and willpower to stop caring so much what people think, but once you do, you will be a stronger person for it.

TRUTH #14 YOU WILL LIVE IN FEAR

When we consistently live our lives simply trying to fit in with the crowd and please others, we encourage an environment of fear in our lives.

What starts out as simply wanting to fit in can grow into a full-fledged need to check in with others before making any decisions. This can lead to us taking questionable actions that we know aren't right for us. As this fear grows it further erodes our self-esteem and ability to reach our goals.

TRUTH #15 KEEP YOU FROM YOUR DREAMS

If you are constantly worried about what other people think, you will never get to where you want to go in life.

You are going to have to do things that don't always meet people's standards if you want to make your dreams come true. You will come into situations where you have to put your pride, and your reputation on the line to get what you want.

If you are constantly worried about what people are thinking, you will never have the will to do what's right for you.

TRUTH #16 YOU MAY BE UNFULFILLED

Life is about much more than moving from one activity to another. To be fulfilled, you need to experience fulfillment and achievement. When you are only living the way others expect you to live, it's impossible to experience the deep fulfillment that we all deeply desire.

TRUTH #17 YOU MAY NEVER BE APPRECIATED

It's hard to appreciate someone who is not living authentically because you never know who they really are. Living as a social chameleon means never allowing yourself to be genuine with others so they can get to know the true you. This leads you to exactly what you don't want—being alone and misunderstood.

TRUTH #18 YOU ARE MORE OPEN TO MANIPULATION

When you care too much what others think, you are open to manipulation because you will tend to go with the herd. You will more willingly go along with suggestions that others make – whether it is good for you or not.

When you care less what other people think, you become a more honest, decent person because you don't have to pretend so much.

So how do you care less about what people think about you? We'll talk about that very thing in the next chapter, so keep reading.

HOW TO STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK

We worry about a million things every day that we shouldn't have to think about.

- How am I perceived?
- What are they thinking about me?
- How does my life look to others?
- Etc...

It's a constant array of worries and self-doubt that torments us day in and day out. Now, imagine how free you'd be if you let go of all those thoughts.

Imagine if you just stopped caring so much.

Worrying incessantly about other people's opinions can be very harmful; it can also be a hard habit to break, but it can be done.

Here are some ways to break the cycle of people pleasing and start pleasing yourself instead.

TRUTH #19 QUESTION THE PRODUCTIVITY

A certain level of concern about people's opinions regarding important aspects of your life is totally normal. Things like caring about your boss's thoughts on your work or caring about your significant other's feelings. Being curious about these kinds of things is normal, and in some cases, expected.

But what happens when that healthy level of concern turns from beneficial to destructive?

You may have to spend some time looking at the different instances in which you are concerned about others' opinions. Write down a big list and take a long look at each one separately. This way you can sort out the beneficial ones from the destructive ones.

TRUTH #20 REMEMBER... EVERYONE WORRIES

Remember lizard brain? We all have one.

That means we all worry about what others think of us to some extent. Just knowing that can often help you relax and be yourself. Almost always, our concerns are groundless. If it makes you feel more secure, keep in mind that others are often just as worried about what you think of them.

TRUTH #21 SEEK WISE COUNSEL

It is natural to seek the approval of loved ones when we make decisions or changes in our lives. You may be used to telling the same people your plans or decisions, but these people always seem to rain on your parade. Your friends/family might be honestly trying to prevent you from making a huge mistake—it might even be done out of love. But that doesn't mean they are correct.

Have you ever noticed that the people who never do anything with their lives are the first to tell you something won't work? That's usually because they don't want you to leave them behind.

Solution - start being more selective who you share with.

Seek *wise* counsel from those who love you *and* want you to live your biggest life.

TRUTH #22 FIND OUT WHO YOU ARE

Many people have focused for so long on pleasing others and going along with others' opinions that they have forgotten who they are.

Take some time to rediscover what you really want out of life. The next time you are tempted to agree to something, stop and consider. Do you really like that? Or is that just what everyone else likes and you were about to go on autopilot.

Start small and make your opinion and likes known about things that aren't a big deal. Do you really want ice cream just because that's what everyone else is having? Once you start making these smaller, personalized decisions, it will get easier to move away from a herd mentality with more important decisions.

TRUTH #23 ASK YOURSELF THIS...

You may have heard this before, but it's a seriously great question to ask yourself when facing the fear of approval:

What does the worst case scenario look like?

Refrain from going into drama-land by saying, *I'll be fired. My spouse will want a divorce. I'll be penniless.* That's your fear and your lizard brain talking. Don't listen.

Really think through the worst outcome possible. When you take the time to do this, you will often see that it's not as bad as you think.

TRUTH #24 PRACTICE SELF-ACCEPTANCE

Low self-confidence can lead to placing an inappropriate amount of importance on the opinions of other people.

We're so unsure of our own abilities and beliefs that we look to others when really there's no need to.

The next time you feel you need to check in with someone else about a decision you are making, stop. Do you really need other people to weigh in on it? Or are you just so used to doing that it has become second nature? Try making smaller decisions on your own first and then build up to larger ones when your self-confidence improves.

TRUTH #25 SMILE

If you do encounter negative feedback from someone, the best weapon in your armory is your smile.

The next time someone says to you, "I don't think that's a good idea", smile sweetly and respond with, "Well, I've put a lot of thought into it and have decided it's the best choice for me right now".

You'll be amazed at how good it makes you feel! When people offer their unsolicited opinions, thinking we will unequivocally accept them as truth, then we don't respond in the way they anticipate, it can really throw them. Sometimes it's enough to make them think twice before offering advice in the future.

TRUTH #26 CHANGE YOUR FOCUS

Learn to focus on what will make *you* happy rather than looking outwards at what will please others.

If something will make you happy and you're not hurting anyone else, go ahead and do it. Realize that if other people can't be happy to see you enjoying yourself, they're probably not the kind of people you want to hang around with.

TRUTH #27 HAVE COMPASSION FOR OTHERS

You may actually get a little cocky once you start spreading your wings and living your own life. But remember, it's easy to fall back into bad habits.

It's important not to think poorly of someone who is still where you used to be—living your life based on what others think. Be kind and think compassionately about them. You were there not so long ago yourself.

TRUTH #28 SURROUND YOURSELF WITH POSITIVITY

Spending time with people who are very negative or overly critical can actually make you more inclined to continually seek approval.

Take steps to remove yourself from the influence of negative people and drastically reduce (if not stop altogether) the time you spend with them. Even when these negative people are co-workers or family members, it's possible to lower your amount of involvement with them without causing a scene.

You'll find that being around people who are more accepting of you leads you to be more accepting of yourself.

TRUTH #29 QUESTION THE APPROPRIATENESS

Look at your concerns and decide if they are an appropriate response to the situation. Or are they out of proportion for it?

Being aware of our performance and being concerned that we make a good impression are normal—we need that level of attention and concern.

However, are our responses to every situation appropriate? If you instantly feel down in the dumps because someone didn't give you the compliment you were fishing for ...is that appropriate?

Start paying attention to your responses to situations to determine if you are responding appropriately or worrying about something you have no control over.

TRUTH #30 MAKE TIME FOR YOURSELF

It's important to take time out from trying to please everyone else and just focus on yourself for a while.

Making time for yourself is something that you ought to aim to do every day. Take it one step further and allow yourself a special treat each week.

This is a practical way of reminding yourself that you are a worthwhile person and you deserve to do things that make you happy. It might be something as simple as switching off the phone and lying in a bubble bath for an hour. It could be meeting a friend to go and see a movie. You could even treat yourself to a massage or a new hairstyle.

Whatever you choose, make sure it's *all about you* and don't feel guilty or worried about what others would think of such "selfishness". You deserve it!

TRUTH #31 TAKE UP A NEW HOBBY

There are few things as satisfying as finding something new that you love and are really good at.

Taking up a new hobby is an excellent way to work on your self-esteem. The companionship with others and common interest can help to build confidence. Learning a new skill and getting better at something is an enjoyable way to enhance your self-esteem.

Also, choosing a hobby based entirely on your own interests is a great way to care less what other people think. If you have a great time doing your own thing, it will reinforce your ability to care less about the opinion of others.

TRUTH #32 IDENTIFY WHAT IS MAKING YOU FEEL SO SELF-CONSCIOUS

Are you worried about your hair style, your weight, your clothes, the way you walk?

What is it you feel is worthy of critical thoughts by others?

Now think about the people you know, or have seen, who have the same hair style, the same weight, who buy clothes in the same store, or who have an unusual gait.

Have you had negative thoughts about those people? No? So why expect they would about you?

Don't change anything about yourself to make someone else happy, focus on being happy with who you are. When you learn to accept yourself as you are, then you will be happy in yourself and the opinions of others will really not matter.

TRUTH #33 MAKE A CHANGE

If you can't reconcile what you are self-conscious about, then take action to change it... but only for you.

Don't change to get the approval of others, but to feel better about yourself.

Taking action that's long overdue is empowering and can improve your self-esteem greatly!

TRUTH #34 LEARN HOW TO MEDITATE

Neuroscientists have proven that meditation actually works to restructure pathways in the brain. It only takes 10-15 minutes a day to make this happen.

Image gaining confidence in yourself and your own opinions by using meditation to change your reactions to the triggers that cause you to fear you aren't regarded well!

There are many types of meditation. It's worth taking the time to do some research and discover how easy and powerful meditation really is.

TRUTH #35 START LISTENING TO YOURSELF

If you hear your inner voice begin to say 'I wish I could... but...' and then you list reasons why you can't, you need to make a conscious choice to stop that line of thinking.

Replace 'but' with a list of *reasons why you can*. If you wish you'd gone to college, then your list might include finding out about distance learning courses that are available in subjects which interest you.

TRUTH #36 RESIGN YOURSELF

Recognize that during your life you will sometimes come across people you do not like, for whatever reason. Often, you will find they are liked by other people you know, and you may wonder why you feel differently about them.

Accept too that occasionally you will come across people who do not take to you either. Be okay with that. You might as well, because it's something you can't control. Their opinion is not important if you are being the person you want to be and are happy with yourself.

TRUTH #37 WRITE IT DOWN

Scientists have studied the effectiveness of writing down our fears to help resolve them and discovered that it's highly effective.

Journaling has to be encouraged for all sorts of reasons, and the fear of being thought badly of is just one of them.

When we write down our fears on paper, our brains can deal with the issues logically, instead of emotionally. Getting our worries on paper will actually give you clarity on where they come from, what triggers them and how to make a start in changing how you react/feel.

TRUTH #38 TRY EFT (EMOTIONAL FREEDOM TECHNIQUE)

Emotional Freedom Technique is a form of tapping into your meridian points to release negative scripts and stories we tell ourselves.

These unconscious beliefs cause all types of issues in ways that we don't even realize. One of those issues is being overly concerned about what others think.

Using EFT can actually release the emotional blocks that cause you to over-worry about how you are viewed by others. The technique is free and easy to learn. You can find out everything you need to know to get started by searching online.

There are many quality YouTube videos available to show you how it's done.

TRUTH #39 STOP TRYING TO READ MINDS

If you stop and think about it, no one can know what you are thinking, unless you tell them. So, by the same token, you have no way of knowing what other people are thinking, or if they are even thinking about you at all.

They are more likely worrying about how they're going to pay for the car repair bill, how to get a promotion at work, or about their kids' grades... basically, anything but you!

TRUTH #40 ASK YOURSELF WHAT SOMEONE'S BEHAVIOR COULD MEAN

There could be many reasons for someone's actions.

For example, you might think someone doesn't like you just because they didn't talk to you. Alternatively, they might just be having a bad day, be incredibly shy or didn't even see you.

Our minds are fantastic at inventing stories around all sorts of things, and they often put us in the worst light. When you catch yourself reading someone's behavior towards you, ask yourself what else could have caused their reaction. You'll soon see the list is endless.

TRUTH #41 KNOW YOUR VALUES

Once you are living by your own values, you'll start to live your life authentically.

Although there may be some fear there still, you will be coming from a place of strength, not weakness. When you focus on what's important to you, you'll be much less likely to seek out the opinions of those who don't have similar values.

TRUTH #42 STOP JUDGING YOURSELF

We are almost always our own worst critic.

When we continually beat ourselves up and compare ourselves to others, we naturally start needing the validation of others to support us. By

noticing when your inner critic starts giving you attitude and refusing to listen, you will no longer feel the need to seek others' opinions of your ideas, dreams, and goals.

TRUTH #43 LET GO OF WHAT YOU CAN'T CONTROL

We all have a smaller sphere of influence than we think. And most of the things we worry about are outside of that.

We can't control what other people think. Even if we bend over backward to make someone happy or like us, we can't control their mood or attitude towards us.

Practice catching yourself when that fear of not being accepted hits and take a time out to consider your options. Is there something simple you could do to make a favorable impression on the person? If not, let it go. Is it even important that they like you? Maybe not. Regardless, be your authentic self. Be kind and courteous. And then let it go.

TRUTH #44 FIND YOUR TRIBE

Sometimes we have a hard time fitting in and gaining acceptance because we've been trying to please others for so long that we have become ingrained with people we just will never align with.

Start working towards being true to yourself and let that "fake tribe" go.

Instead, spend some time finding people who you do align with. Who share your same goals and dream, interests and passions. You are worth the time it will take to meet these new people and your life will be richer for it.

TRUTH #45 LET GO OF PERFECTIONISM

Many people pleasers are also perfectionists. They believe that if they don't do every single thing perfectly, they won't be accepted for who they are.

The problem with that is that if you are constantly trying to be perfect, you aren't really being yourself. Everyone has flaws and you don't need to be perfect to be accepted by others. Embracing your humanity will reduce stress and increase joy in your life.

TRUTH #46 STOP RELYING ON OTHERS FOR APPROVAL

Easier said than done, we know. But, ultimately what matters is how you feel about yourself.

Start paying attention to the times when you feel like you need someone's approval. You probably will have triggers that you aren't even aware of.

You might notice that you usually go into an approval-seeking mode at work, at school or even with your friends or family members. Don't try to push away those feelings. Rather, just start noticing them without judgment.

Be curious, as if you are conducting an experiment. Once you realize *when* you seek other people's approval, you'll be able to change the behavior and rely on your own inner wisdom.

TRUTH #47 EMBRACE YOUR INDIVIDUALITY

No two people are alike and our differences are what makes us all special.

You add value by being different, and you don't have to be like everyone else to belong.

Believing this comes easier when you start to practice recognizing the ways in which you alter your personality to suit others. Once you start allowing your own unique, authentic qualities to come out and be recognized, you will find others who have common beliefs and goals—they will be drawn to your honesty!

TRUTH #48 QUIT “AWFULIZING”

If someone disagrees with you or dislikes something about you, it doesn't mean they dislike you as a person.

Even if they are vehemently opposed to your take on a situation, it doesn't mean that they have lost respect for you or that you've done anything wrong. That's your lizard brain trying to get you to believe you are in danger of losing your place among the tribe. You are once again worrying about the worst-case scenario.

When you notice yourself awfulizing, take a step back and try to look at it objectively. Without judgment, ask if what you are afraid will happen is really likely? Most of the time, you'll discover it's not.

TRUTH #49 RECOGNIZE IT'S NOT YOU

Have you ever had the experience when you met someone new and instantly took a disliking to them because they reminded you of your nemesis in high school or your rival for someone's affections?

We all have.

Well, sometimes, the shoe will be on the other foot. You will run across people who you just don't click with, and they feel the same. That's okay. You don't have to be everyone's best friend. It's healthy to realize that some folks just won't like you, and it's likely it's not because of any flaws of your own, but of their past experiences or biases.

TRUTH #50 FOCUS ON THE POSITIVES ABOUT YOURSELF

How can others recognize your amazing qualities if you don't identify them yourself?

We get so caught up in being what others want us to be that we can start to feel like a fake.

Take some time to think about and journal about the qualities you have that make you, *you*. What do you appreciate about yourself?

When you think of something great, you may notice an immediate urge to deny its importance. Just notice that instinct and be good with it. Don't judge yourself. These small steps are what it takes to make a big change in your life—to stop being imprisoned by your low self-worth.

TRUTH #51 TRACK YOUR WINS

One way to remind yourself how great you are, is to keep a running list of your personal “wins.”

When you react calmly to an outrageous request, say “no” or speak out about your true opinion, write it down so that you can track your progress.

It's easy to forget about the small steps we take to make big changes in our lives. Keeping a list or journaling about these positive steps is a way to celebrate your progress, which will motivate you to take further action.

CONCLUSION

It is no surprise that our daily lives can be controlled by the worry about what others think about us.

Although our brains are hard-wired with the urge to do it, we have already shared the many ways we can break out of this constant state of worry. In part, it is our perception of the people around us and what has happened in our past that makes us worry about what others think.

There are many social, mental and biological reasons why we let the idea of what others are thinking to affect us but this can be changed, as fundamentally it is our conscious and subconscious that controls how we deal with our lives.

By becoming self-aware and understanding what we have to do to change, we can take our lives back. We can lead a life of joy and authenticity instead of letting external factors take over.

It all begins by becoming aware of how we react to various triggers in our environments and determining what responses are normal and appropriate and which are over-the-top and detrimental to our well-being.

Once we become aware of our thoughts and behaviors, we can begin to change our automatic reactions into conscious responses that are healthy and bring us happiness and fulfillment.

Remember that your worth as a person is not determined by what other people think. Worrying thoughts may require effort and persistence to change but it's well worth it. Freedom from worry is liberating. You'll be more comfortable with who you are and your self-esteem will improve as a result.

You can do it!

CONGRATULATIONS!!!

I commend you for your commitment to returning to your Authentic Soul! Switching out to a habit of not worrying about what others think can be challenging on a day to day basis. Constant reminders can be helpful as you are attempting to change some old, harmful habits into more productive, happyness-inducing ones.

As such, I would greatly like to support you in this adventure. To support you, I am extending to you an exclusive invitation to be part of our family of Authentic Soul. You will receive regular inspirational updates to help you grow and lead a richer more authentic life in the form of a Personal Development Email Newsletter.

The best part, is that it is FREE to be on this list for now!

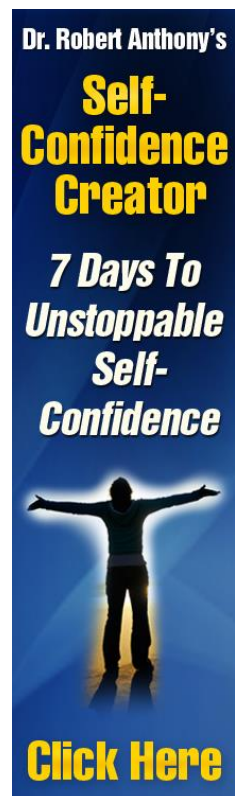
If you have not already done so, please sign up at PositiveHappyness.com/LiberateYourAuthenticSoul

HIGHLY RECOMMENDED RESOURCES

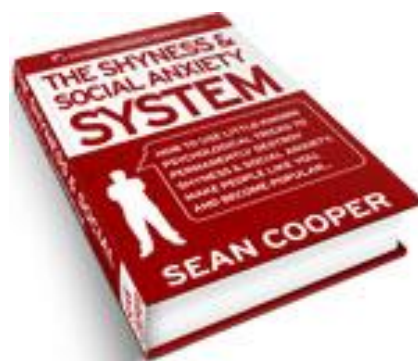
RESOURCES FOR SOCIAL SUCCESS AND CONFIDENCE

Rapid Relief Audio – FREE audio that helps us to get immediate relief from anxiety and panic attacks.
<http://www.PositiveHappyness.com/RapidRelief>

Conversation Confidence – Be your very best self in any Conversation, and have people glued onto every word you say. If that's what you want, find it here:
<http://www.PositiveHappyness.com/ConvConfidence>



The Shyness and Social Anxiety System – a step-by-step system anybody can use to overcome their nervousness, insecurities or quietness around people. <http://www.PositiveHappyness.com/BeatShyness>



RESOURCES FOR RELATIONSHIPS



[Text The Romance Back](http://www.PositiveHappyness.com/TxtRomBack) – An intensive guide to help men and women put the spark back in their relationships – just using simple text messages. <http://www.PositiveHappyness.com/TxtRomBack>

[The Magic of Making Up](http://www.PositiveHappyness.com/MakingUp) – Stop your break up, divorce and salvage your most important relationships, even if the situation seems hopeless. Find out more: <http://www.PositiveHappyness.com/MakingUp>

FOR LADIES ONLY:



[Capture His Heart](http://PositiveHappyness.com/CaptureHisHeart) – A step-by-step guide to getting and keeping a man's love, Capture his Heart is designed to help any woman become the intoxicating temptress that the man of her dreams can't resist:

<http://PositiveHappyness.com/CaptureHisHeart>

[The Secret Survey: The Truth About Men](http://PositiveHappyness.com/SecretSurvey) – Find out the truth behind why men lie in this **secret survey**. This is the truth that Men Desperately Want You to Know but Could Never Tell You:

<http://PositiveHappyness.com/SecretSurvey>



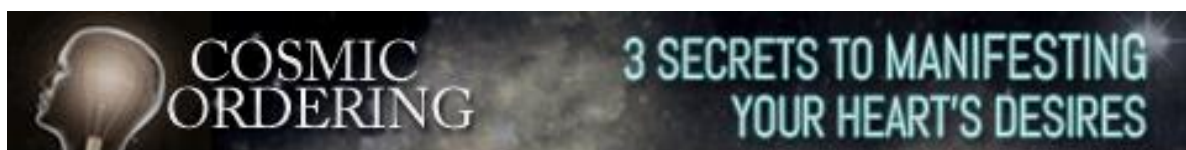
RESOURCES FOR ABUNDANCE AND EXCELLENCE

[Sublimal Visualization Video](#) – A Supercharged Digital Vision Board That Brings You Financial Abundance. Get this video FREE to attract wealth NOW: <http://PositiveHappyness.com/SublimalVisual>



[15 Minute Manifestation](#) – uses theta brainwave technology to bring your brain into the theta state almost instantly. This is where the magic happens. Find out more at: <http://www.PositiveHappyness.com/15Min>

[Cosmic Ordering Secrets](#) - Start manifesting your dreams, goals and desires using these secrets. <http://PositiveHappyness.com/CosmicOrder>



[Six Minutes to Success](#) – from the well-known Procter and Gallagher Institute, practical steps combined with the real inspiration you need to earn more money, create thriving relationships, start a wildly successful business, lose any amount of weight and live a more productive, fulfilling life: <http://www.PositiveHappyness.com/SixMinute>



RESOURCES FOR ABUNDANCE AND EXCELLENCE

[The Instant Switch](#) – Immediately start training your brain to create miracles! Start manifesting greatness in your life today!
<http://www.PositiveHappyness.com/Instant>



[Vibrational Manifestation](#) – A proven formula to help you harness your personal power. <http://www.PositiveHappyness.com/VibrationalM>



[The Secret Brain System](#) – containing the astonishing life-changing secrets of the Richest, Most Successful and Happiest People in the world.
<http://PositiveHappyness.com/SecretBrainSystem>

[Tesla Code Secrets](#) – learn the secrets of success from Nikola Tesla, the smartest man ever lived.
<http://PositiveHappyness.com/TeslaCode>

