



VEIL *of* CHANGE

How Not To 'Own' Other Peoples Opinion Of You

LIFTING THE VEIL OF CLARITY

People make assumptions about other people

If someone hurls an insult at you – do you take offence? If you, do then you have agreed with their assumption about you.

- ✓ People make assumptions about other people, sometimes without even getting to know them.
- ✓ Assumptions can be made on appearances, behaviours, gossip – all assumptions are made out of ignorance.

If you take offence then you have taken it personally, and you feel the need to defend yourself or your beliefs. A conflict has been created.

Do you then go on to make sure that you are right and everyone else is wrong? Take a step back and ask yourself, why do I take this personally?

Do you live with a fear of worrying about what others are thinking of you?

Does this fear stop you from doing what you want to do?

Other people's opinions about you are irrelevant. You do not need to defend yourself. Their opinion is their problem. Remember how we have spoken about perception?

- ✓ Their perception of you is how they have come to their opinion. Everyone's perception is different. It does not make you a lesser person because of it.

Open your eyes and realise that how others see you is not important. You are unique; you have your own perception, your own beliefs and your own truths.

- ✓ Does it really matter what other people think of you? It's more important to be comfortable with what you think of yourself.

✓ *Be fully aware of how you do want to feel*

✓ *Your life is your own – you choose*

A life spent continuously pleasing others, just to be seen to be doing the 'right thing' means that you are not living your life to your own truths.

It means that you are not doing the 'right thing' for yourself.

Everyone has their own fears to contend with

In any case; do you realise that it is your own perception that is giving you a bad wrap? What makes you think that other people have nothing better to do than talk about you? They are too busy worrying what other people are saying about them... everyone has their own fears to contend with.

✓ Even if others were talking about you, how do you know that they are not admiring you for who you really are?

When you stop worrying about what others are thinking of you it frees you up to get on with your life and get on with achieving your goals.

✓ Don't let the fear of what other people think of you; stop you from living your life the way you want to.

A few Tips to 'Get Over Yourself'

✓ Make a note every day of how you appreciate yourself, and what you have done today that makes you feel so good.

✓ Understand that others are probably talking about themselves rather than you.

✓ Should you actually get negative comments or feedback, then acknowledge it and work out where the truth lies.

✓ Revel in the fact that if you are so different then you must be living your life, rather than just existing within everyone else's rules.



***A life spent continuously pleasing others, just to be seen to be doing the 'right thing' means that you are not living your life to your own truths.
It means that you are not doing the 'right thing' for yourself.***

Discover more at <http://www.truelifejourney.com>