

HOW TO STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK



Remember that people aren't that interested in you.

They generally don't care about you as much as you think they do. Psychologists call the tendency to overestimate how much other people pay attention to you the "spotlight effect."



Tell yourself a different story.

No one can make you think or feel a certain way – it's all about the way you interpret their behavior. If you fall and people laugh, try telling yourself that you cheered them up instead of focusing on how stupid you are.



Know that it's okay to care what others think.

It's fine to care about your reputation. The key is not letting that concern overwhelm you. Ultimately, you want to care more about what you think of you than what others think of you.



Try to make others comfortable.

We're generally pretty bad at guessing how much others are struggling. Think about what you can do to make their lives easier, and you may find that your personal concerns are less salient.



Focus on controlling your thoughts, not theirs.

Mentally strong people rarely focus on things they can't control – like other people's thoughts. Once you shift your focus away from those things, you'll likely be happier and less stressed.



Don't try to please everyone.

People will always judge you no matter what – so it's foolish to try to look good in everyone's estimation.



Meet more people.

Everyone has a different opinion – one person's negative perception of you doesn't matter that much.