

What will people think?!

HOW TO LOVINGLY DETACH FROM
OTHER PEOPLE'S OPINIONS

By Sas Petherick



Hello you!

Worrying about what other people will think, is one of the most common sources of self-doubt! Does this sound familiar?

- Finding yourself taking hours to craft an email response.
- Or labouring over the filter and/or caption before sharing your thoughts on social media.
- Overthinking the 'right' time to speak up in work meetings.
- Talking yourself out of sharing what's really going on for you, with your people. You're FINE.
- Not saying the thing you believe would help your client, your colleague, or your kid.
- A tendency to interpret any feedback as criticism. You often feel braced for it.

We can't control other people's opinions but you can lovingly detach from the impact of it. This exercise is a companion guide to a free workshop that was held on the 16th February 2023.

You can access this by clicking on the button:



[TAKE ME TO THE WORKSHOP](#)

I'M SAS PETHERICK

I'm a Coach and Supervisor and I'm fascinated by how we untangle from Self-doubt. I'm the founder of Self-belief School and I host the Courage and Spice podcast. It's so good to meet you.



CRITICISM MAP

RECOGNISE when we are in polarity | REFLECT on the spectrum of polarities | RECLAIM the orphaned quality

1. Identify the criticism

What is the 'Not Me' quality that I am resisting?

2. Find the Polarity

What is the opposite of this quality?

3. Found the DOWNSIDE of the Polarity.

what is unhelpful or undesirable about the positive reframe?

4. Find the UPSIDE of the Criticism

What is helpful or desirable about the original criticism?

THINGS TO PONDER...



5. What do you identify with the MOST?

Of all of your reflections, what aspects of the criticism or the polarity can you be with?

6. What do you identify with the LEAST?

Of all of your reflections: where are you most resistant? Can you find an example of how this IS still true for you.

*Notice where you are softening your response to the criticism.
Remember: you never have to agree with the other person - this is an
invitation to dilute the impact of their opinions.*

WHAT ELSE IS IN MY HEART?

Notice what else this has brought up for you. You may want to reflect on how criticism and judgement has featured in your world. Some journal prompts:

- Who was allowed to be critical in your family?
- Was there room for you respond?
- If you felt criticised at school, how was this managed by teachers, your parents, other adults?
- What has been your experiences of feedback in the educational settings and workplaces you've been part of?
- Is there room for feedback in your friendships? Who do you feel safe to give and receive feedback to?
- What memories feel important?
- What does this tell you about your relationship with other people's opinions?
- What are the parts of you that are asking to be integrated?
- What did your little self need to hear?

Every shadow is some orphaned part of ourselves longing for a light to be shone so it can be integrated and return home to us.

Sas x