

Who Cares What Others Think About You?

Does it really matter?

Personal Development Tips, Tricks and Strategies

You find out that someone was **talking about you**

Word got back to you about it

The person denies saying anything about you...

So, you're in **a position of accusing the person of lying**

Should You Care?

- This situation can happen at work or in personal life
- **Should you care what others think about you?**
- Are you happy with yourself and who you've become?
- **If so, it doesn't really matter what others think**

Not Happy With Yourself?

- Do you engage in improper behavior towards others?
- **This could be the reason for their dismay**
- They could be justified in those thoughts
- **Pay attention to what is being said about you**
- Use it as a way to help improve yourself

Content With Yourself?

- Realize that people are going to talk about you
- **Those same people are not just talking about you**
- Gossips - will talk about anyone given the opportunity
- **You can't take these people seriously**
- You certainly shouldn't take it personally

Constructive Criticism

- This you should take seriously
- **Justified - treat it as a learning experience**
- Not justified - move on from these people
- **Confront them only if they are causing you harm**
- Usually best to ignore - the problem is with them

True Friends

- They will accept who you are & not try to change you
- **They may not appreciate all you do or say**
- If they are good friends, they will talk to you
- **Keep an open mind & consider what they say**
- Not always correct but when they are, change if needed

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