



"How could he say that to me?", "Why did she cancel last minute on me?", "Is something wrong with me?"

Multiple studies have shown that we humans have a tendency to take things personally and dwell on self-loathing and potentially unreal thoughts.

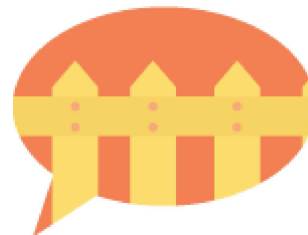
That's not all. Experts say that when we take things personally without confronting the source, we may project our insecurities on others.

So is there a way to break the loop of such thoughts? Yes! Take a look.



What if it's not really about me?

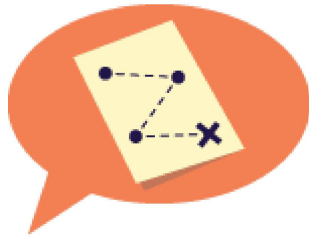
First off, ask the critic to validate if something's really directed towards you. Experts suggest mindfulness activity of self-introspection to understand your own



Have I set the right boundaries?

Psychologists suggest voicing your concern in hypercritical situations. If someone walked away while you're talking to them, say "I'm still in the middle of the

habits and beliefs, to help you understand if something's really about you.



How well do I know my triggers?

Experts say unresolved feelings of unworthiness, inadequacy, jealousy etc. can lead to triggered behaviour upon hearing something hurtful. Make a note of such triggers and try to identify a pattern. Then, work on resolving each issue.

point I'm trying to make. This feels as if you don't care about what I'm saying."



Am I self-confident?

Confidence is a buffer between you and the comments of others. Highly confident people rarely mind others' comments. Practice confidence-boosting techniques like mirror talk, setting realistic goals. Get in touch with a coach, if need be.

By understanding the how and why of the tendency to take things personally, you can actually overcome such thoughts and lead a happier, healthier life.

If you still feel you need help to get better and not take things personally, help is just a click away. Register using your college email id and gain free unlimited access.

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