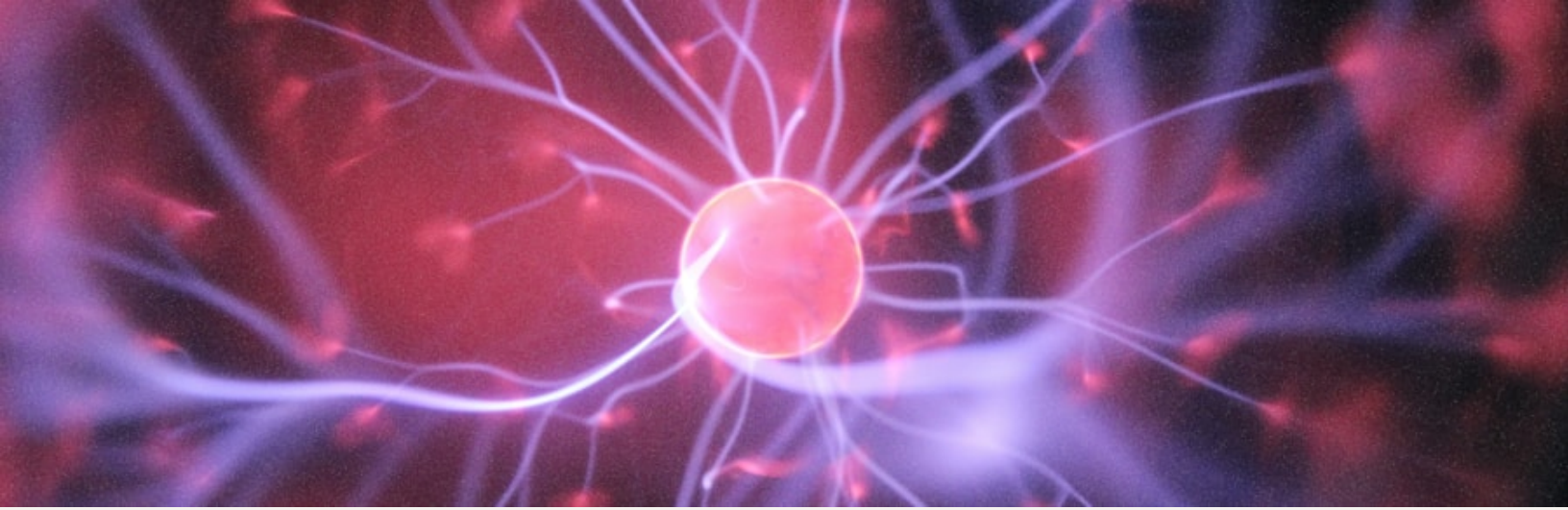


# How to Stop Caring About What Others Think of You



**How Did I  
Get  
Here?**

(Hint: It's not your fault)



# It's Not Your Fault —But It Is Your Responsibility

Here's the good news: no matter what has caused your fear of others thinking negatively about you, it is **not your fault**. Your brain is doing exactly what it was designed to do when it perceives a crisis: protect you. By becoming highly observant and concerned with what others think of you, your brain thinks its doing you a favor. We can teach it to help us in more productive ways!

While your brain's automatic response it's not your fault, it **is your responsibility** to learn how to rewire your brain. Even more good news? The brain is has incredible capacity to change—this is called neuroplasticity. By learning new tools and strategies, you can rewire your brain to feel safer, calmer, and less dependent on others' approval.

# The Brain's Crisis Response

When the brain perceives danger, it activates the sympathetic nervous system—often referred to as the **"fight, flight, or freeze" response**. This system is triggered **without conscious thought**.

Your heart rate increases, your breathing becomes rapid, and blood is redirected away from nonessential functions like digestion toward your muscles, enabling you to either confront the threat or flee from it.

While this response is designed to protect you from danger, **it can also be activated during non-life-threatening situations, like receiving criticism or experiencing social rejection**.

The craziest part of this response? **Your logical mind (the part that helps us be rational and think clearly) goes totally offline.**

**Even when you want to think clearly, it's almost impossible!**



# Fill in the Blanks:

1. The sympathetic nervous system is responsible for the \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ response.
2. This system can be activated during \_\_\_\_\_ situations, like perceived social rejection.
3. When this system is triggered, your \_\_\_\_\_ goes offline.



# Restoring Balance

Fortunately, we have another system that helps us calm down and think clearly-the parasympathetic nervous system.

This system reduces heart rate, lowers blood pressure, and encourages relaxation.

And good news! You can trigger this response any time you need to. Engaging in deep breathing, mindfulness, or calming activities can activate the parasympathetic system more quickly, allowing you to recover from the stress of the crisis.

Once this system is activated, your logical brain is back in action!

A scenic view of a lake with mountains in the background and a wooden pier in the foreground. The sky is overcast with grey clouds. The mountains are covered in green vegetation and have snow-capped peaks. The water is calm and reflects the sky and mountains. A small sailboat is visible on the water. The wooden pier is made of logs and extends from the left side of the frame into the water.

# Fill in the Blanks:

1. The parasympathetic nervous system is responsible for helping us \_\_\_\_\_ down and think clearly.
2. You have the power to trigger the calming response \_\_\_\_\_.
3. Activities like \_\_\_\_\_ and mindfulness can help activate the parasympathetic system more quickly.



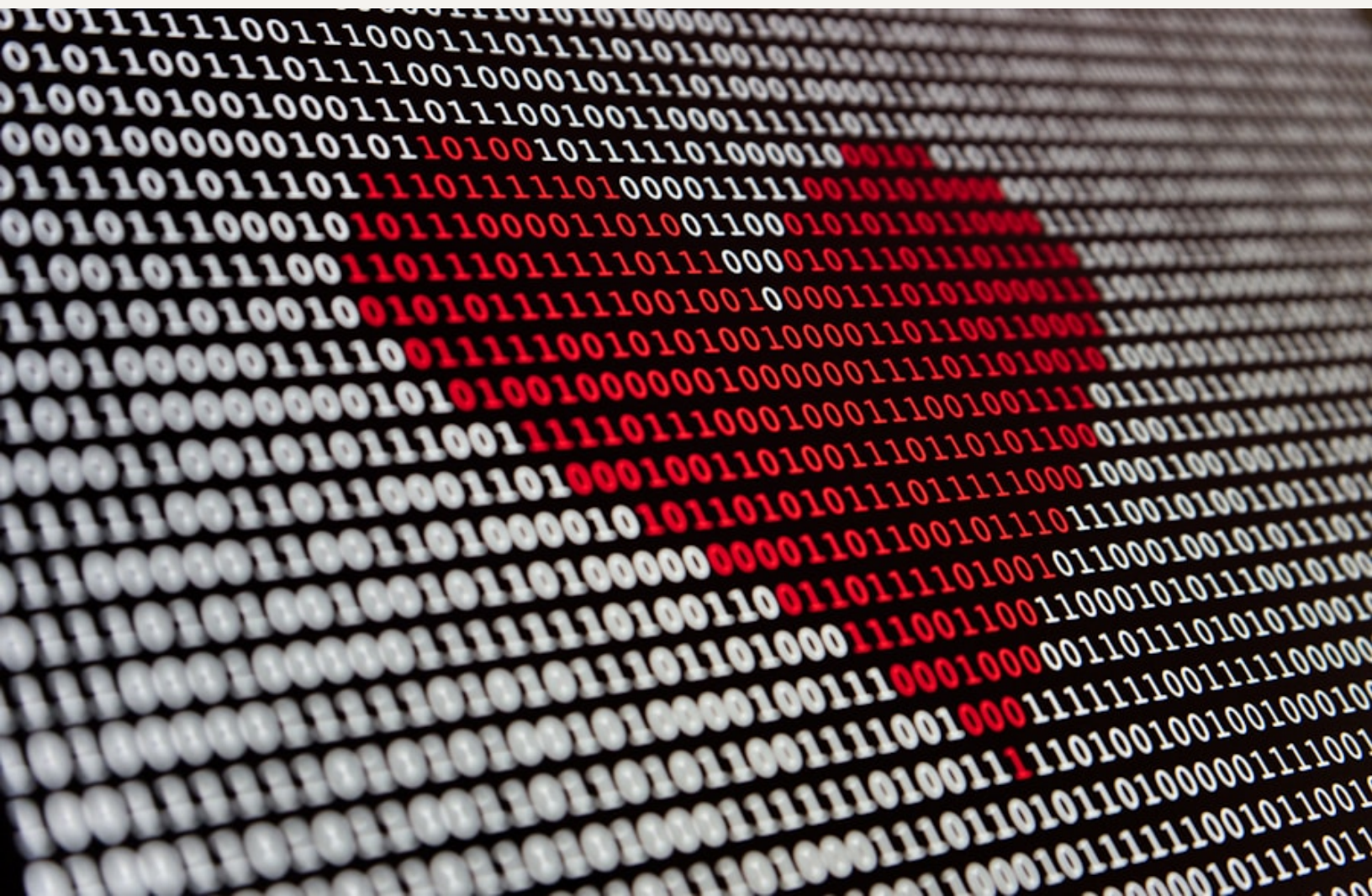
# Balancing Feelings & Knowledge-The Gemini Method

It's all about the data, baby.

You've got **feelings**

You've got **facts**

*Time to listen to **both***





# Example Scenario

Let's say you apply for a promotion and don't get the job. Your brain may react as if it's a crisis, triggering feelings of panic or rejection.

Don't forget to recognize this reaction for what it is: a **protective mechanism**. Remember that you have the power to relax your mind and body (check out the previous section if you've forgotten how!).

# Step 1: Acknowledge the Story You're Telling Yourself

Ask yourself, "What's the story I'm telling myself about what they think?" This might include negative thoughts like the ones listed below.

**These stories aren't necessarily truth (we aren't mind readers!),** but acknowledging them helps us move past them, even when we are having big feelings along with the thoughts.

- They don't think I'm valuable to the team.
- They don't think I'm smart enough.
- I must look like such a fool to them.
- I'm embarrassed and feel like such an idiot.



# Fill in the Blanks:

1. The story I'm telling myself isn't necessarily \_\_\_\_\_.
2. Acknowledging them helps me move \_\_\_\_\_ them.
3. It's ok to have \_\_\_\_\_ feelings when I'm telling myself a story about what happened.



# Step 2: Get Empowered

*Don't skip this part!*

The Gemini Method requires you to consider both your feelings and your knowledge (or the likely truth of a situation separate from the emotion). It's like two sides of a coin, or like the Gemini symbol, two parts to a whole.

**Feelings and thoughts are both just data points** to consider when making a decision. Both are equally important, but **focusing on knowledge can help us feel calmer** and less influenced by what others think



**Check out  
these  
examples.  
See how  
powerful it  
can be to  
acknowledge  
both feeling  
and  
knowledge/p**

- **Feeling:** I'm sad they don't see me as the right fit.  
**Knowledge:** Even though I feel sad, the facts are that I'm a valuable member of the company. I've contributed many times in significant ways. They didn't see it this time around, but next time I'll come back even stronger and better prepared.
- **Feeling:** I feel embarrassed.  
**Knowledge:** Embarrassment is not a good feeling, but neither is it fatal. I have felt embarrassed before and I know that it is temporary. It is possible that though I feel embarrassed, I have not actually done anything embarrassing. This feeling will likely pass soon.
- **Feeling:** I feel like a fool.  
**Knowledge:** Trying for the promotion actually shows my commitment and bravery. I choose to focus on those qualities rather than feeling foolish.



# Step 3: Practice Empowered Decision-Making

Combining feelings and knowledge allows you to move forward with confidence. Practice making your next move from both your feelings and your knowledge. For example:

*Even though I want to get angry at the hiring manager, I know they are just a human and trying to do their job. I'm going to send a thank you note and then take some intentional time to get a handle on my mood.*

In the next section we're going to go even deeper on the topic of confidence!

For now, take a minute to apply what you've learned about the Gemini Method to a recent situation.

Reflect & Journal:

- Write about a recent situation where you felt the intense feelings of rejection. What was the story you told yourself? How could you reframe it using the Gemini Method?



# What ACTUALLY Builds Confidence (and it's not what you think):

Confidence is about **radical self-love, grace, and forgiveness**—especially toward the parts of ourselves we'd rather forget. It's about looking at the messy, awkward, mistake-making version of you and saying, "Hey, I see you. And you're still worthy."

True confidence comes when we stop trying to outrun our imperfections and embrace them instead.

# Exercise: Meet Your Past Self

This exercise will help you reconnect with that part of yourself you've been hiding or criticizing—usually the part that needed love, reassurance, or acceptance.



# Step 1: Picture Her

Close your eyes and think back to a version of yourself that makes you cringe a little. Maybe it's the younger you who sent that awkward text, stayed in a toxic relationship too long, or gave up on something she really cared about. Picture her. What does she look like? How does she feel? What did/does she need?

- How old is she?
- What does she look like? Get specific (think about hairstyle, clothing, height, etc).
- What does she feel?
- What did she need then that she didn't get? Or didn't know to ask for?
- **Take the time to listen to her and hear what she has to say.**
- Write or draw about her here:



# Step 2: Talk to Her

Now imagine sitting down with her and holding her hands. Look her in the eyes and say:

1. **"I see you."** Acknowledge her. She was doing the best she could with what she had at the time.
2. **"I forgive you."** Let her know she doesn't have to carry the shame or regret anymore. It's okay. You've got this now.
3. **"You're whole, complete, and enough. And I'm going to treat you this way from now on."** Release her from the guilt and shame she's carried for too long. Show her over and over that she's enough, and so are you. No need to overthink, people-pleasing, procrastinate, or play small. Thank her for being patient with you while you figured it out.
4. **Repeat this as many times as you need to for as long as you need to.**

# Step 3:

# Embrace Her

**Why This Matters:** When we stop fighting against our imperfect selves and instead meet them with compassion, we unlock a kind of confidence that no amount of external “success” can ever touch. It’s unshakable.

Because it’s built on the truth: You are enough, exactly as you are.

Finally, imagine pulling her into a big, warm hug. Let her know she’s still a part of you, and that you’re going to start showing her the acceptance she always deserved.

How did this exercise feel for you?

**What else would you tell that past version of yourself?**



**I may not be everyone's cup  
of tea. But I am someone's  
double vodka**



# Need a Little More?

But here's the thing: sometimes the work doesn't stop here. Lingering feelings of self-doubt, not feeling enough, or just needing that extra push to believe in yourself might still pop up—and that's completely okay. Growth is a process, not a destination.

Individual work can help you:

- Dive deeper into what's got you stuck
- Explore strategies personalized just for you,
- Or just need someone in your corner cheering you on as you rewrite your story...

Book your 30 minute call to go over any questions you'd like to ask and learn about options for working together. I offer individual therapy, coaching, and intensives sessions that really increase momentum and healing.

[Click here to schedule your free call!](#)

Remember: You don't have to figure this out alone. I'm here to help.

Believing in you,

Sally