

Handling Other People's Reactions

Other people's reactions belong to them. You are allowed to protect your wellbeing and choose what you share, when and with whom.

Which reactions from others affect me most?

What feelings come up for me?

What do I wish I could say?

What is within my control?

What is not mine to carry?

What boundary could protect me?

Who can I turn to after a difficult interaction?

A reminder I can give myself is...