



THE HOW TO STOP CARING WHAT
OTHER PEOPLE THINK

DECODER

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As you learned in the workshop, when we are worried about what other people think, it's because the thoughts we fear they have match up with thoughts ***we already have about ourselves.***

This isn't always obvious to us, because the thoughts may be subconscious.

But when we feel truly confident about something — an attribute, a characteristic, a decision, a performance, a relationship — we don't worry about what other people think of it.



It's only when we have conscious or subconscious fears of our own that we become alert to other people's opinions — or more accurately, to the opinions we *imagine* other people might have.

The good news is that this makes your fears about other people's opinions incredibly useful. Because they are a flashing neon sign to where you need to improve your confidence in your own mind and life.

These questions in this guide will help you identify those thoughts so you can start to change them.

Each time you do this exercise try to focus on one particular person and one specific opinion they have — or at least, one type of opinion even if you don't have a specific person in mind.

In other words, ideally you can write, "My mom's opinion of my boyfriend."

But if it's more general, it's ok to write, "What other people think about my boyfriend."

It will be least helpful if you pick something really general, like, "What other people think about me" — there's just going to be too many thoughts.

You can do this exercise as many times as you want, so get as narrow as possible each time.



DECODER QUESTIONS

1. Who is the person whose opinion/thought you are worrying about right now?

2. What opinion/thought are you worried they have about you/an area of your life/a relationship you have, etc.?

3. What are your own opinions/thoughts about yourself/that area/that relationship? *Make sure to really brainstorm all the good and bad thoughts, be totally honest with yourself. You may have conflicting or even contradictory thoughts, and that's fine — get them all down.*

DECODER QUESTIONS: CONTINUED

4. Where do you see overlap in the answers to questions 2 and 3?

5. What would you need to feel more confident about in order to stop worrying about this other person's opinion about you/this area/this relationship?

READY FOR MORE?

BOOM. After just five simple questions, you now understand on a deeper level what is going on in your brain that is making you feel so sensitive to someone else's opinion of you.

That means you can stop focusing on their thoughts, and start focusing on what matters most: **your OWN thoughts.**

Confidence is not a mystical emotion. It's a set of mental and emotional skills you have to build and use throughout your life.

As we speak, I'm developing a year-long program to help you develop these skills at life-changing levels. [You can click here* to sign up for the interest list right underneath the workshop video.](#) and get first dibs when we open in December 2025.

**NOTE: To avoid losing any work you've entered in this workbook, we recommend right-clicking and opening the link in a separate browser tab.*

Because when you free yourself from caring too much about what other people think, you free yourself to live life on your own terms.

