

How To Deal With Other People's Comments: A Masterclass Workbook

Name:

Date:

Introduction

This masterclass is designed to help you build resilience to other people's comments - whether from friends, colleagues, or family - so you can stay centred and calm regardless of their opinions. You'll learn to master the art of not letting other people's words affect you while setting boundaries that maintain your power.

Before We Begin

Key Points to Remember:

1. This workshop combines intellectual and experiential learning to create lasting change
2. The workbook is crucial for transformation - 90% of your growth will come from completing these exercises

Three-Step Framework

We will learn how to stay in our power through these key steps:

1. Expect triggering words
2. Prepare ourselves to handle them
3. Learn what to do in the moment

Step One: Expect It

Core Concept:

We live in a diet-culture world where most people don't know that body acceptance is an option. Expecting triggering comments helps us prepare rather than be caught off guard.

Exercise 1: Identifying Triggers

List your expected triggers:

1	
2	
3	
4	
5	

Step Two: Prepare

This section covers two key concepts and a self-coaching model:

Concept One: The Anatomy of an Emotion

Emotions are created through our interpretation of events, not by the events themselves.

C - Circumstance (neutral event)

T - Thoughts (your interpretation)

E - Emotions (body sensations)

A - Actions (your response)

Exercise 2: Emotional Mapping

Recent trigger	
Physical Sensations	
Location in body	
Resulting in action	

Concept Two: Riding the Wave

Learning to experience emotions without avoiding, numbing, or hiding from them.

Exercise 3: Wave Riding Practice

Trigger situation: _____

During the wave:

Physical Sensations	
Peak intensity	
What I learned	

The Self-Coaching Model

A practical tool to analyse and shift responses to others' comments.

Exercise 4: Model Practice

Circumstance (neutral)	
Thoughts (that come through a filter)	
Emotions (activated by thoughts)	
Actions you take to avoid feeling	
Result	

The Power of New Perspectives

Learning to view triggering situations as opportunities for growth rather than threats.

Exercise 5: Perspective Shifting

Original thought:	
Compassionate reframe:	
What I learned:	

Step Three: Taking Action in the Moment

Practical steps to handle triggers as they occur.

1. Ride the wave
2. Practice alternative thoughts
3. Set boundaries

Levels of Boundaries

1. Simple, Non-Interactive Boundaries
2. Direct, Verbal Boundaries
3. Deeper Relationship Boundaries

Exercise 6: Boundary Planning

Simple boundaries I can use:	
Verbal boundaries to practice:	
Relationships needing deeper boundaries:	

The Long-Term Journey

While these tools help in the moment, the deeper work involves changing your belief system.

Progress Tracking

Weekly Check-in Date: _____

What worked	
What didn't	
Insights	

Key Takeaway

Remember: Taking responsibility for your own experience - while having compassion for yourself and others - creates true empowerment and lasting change.

More resources

If you liked this training, you may want to:

- take the body image self-assessments. [Download](#) here
- or find out more about [one:one coaching](#) to create long term sustainable change, using my signature Women, Power & Wellbeing method.