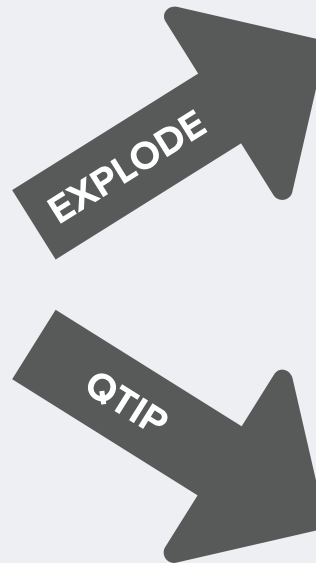
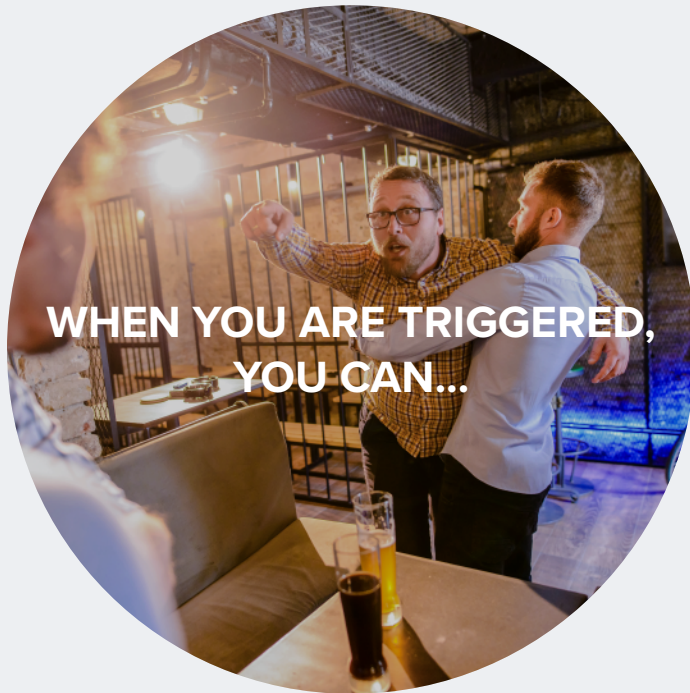
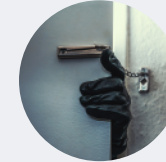


QUIT TAKING IT PERSONALLY (QTIP)



Engaging in self-harm.



Damaging or vandalizing property.



Self-medicating.



Engaging in Compulsive Behaviors.



Doing things you will later regret.



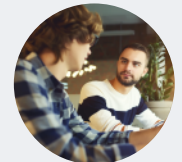
Acting aggressively.



Creating distance or pausing when you find yourself taking things personally.



Asking the question: "Does this apply to me?"



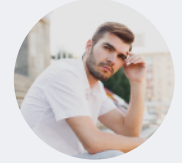
Asking for clarification when you're not sure if something applies to you.



Understanding that "impact" does not always equal "intent" to offend.



Letting go what was said or done if it doesn't apply to you.



Managing your negative and toxic thinking.

We take things personally because humans are self-centered and generally care about the opinions of others. Our own insecurities, fears, or doubts can be triggered by certain topics, words, or situations and lead to interpreting intention from others that isn't correct. When these moments come, they should be viewed as growth opportunities. Consider why you were so bothered, and be willing to explore your emotional discomfort to prevent future reactions to triggers. ©2019 Core IQ. All rights reserved.