

## Beyond the Baby Blues

### Being Your Honest Self

**Adapted from: The complete and logical guide to winning at your own life in 19 (but only 9 here) super difficult steps — by Paul Jarvis —**

**(Even though this wasn't written about becoming and being a parent, try reading it like it does — think about all the people who know just what you should be doing to feel better and to be that great parent to your baby, or who think you should just snap out of the difficult time you are having.)**

#### **1. Everyone is offended all of the time.**

We're all set in our ways. As much as we tout how open-minded we all are, we all have little nit picks about everyone else. Assume whatever it is you're doing, someone else can—and will—be offended by it. This shouldn't stop you from doing what you're doing, but it also shouldn't come as a surprise when someone tries to tell you how offended they are by what you just did.

#### **2. People will judge you, regardless of what you do, because everyone's "judgy."**

Fear can make us afraid of what others will think. It's not a question of if people will judge you, because they definitely will judge you. People are judgy and that judgement is scary.

Look at it this way—whatever you do, whenever you do it, you'll be judged for it. Even by letting fear get the best of you and doing absolutely nothing, you will be judged. So, since you're going to be judged any way, why not actually be genuine? That way, at least when you judge yourself, you'll be able to sleep well at night.

We all care what others have to say. But it becomes dangerous when we value their opinions more than our own. The list goes, in order of importance: 1) our opinion of ourselves, 2) (which is a distant second) everyone else's opinion of us.

#### **3. Luckily, judgement & respect are different things**

Being judged and being respected are not the same thing. People can dislike you or what you say and still hold you in high regard. People can totally disagree with you, but still understand your values. Conversely, if someone judges you as a nice person or a decent human being, it doesn't mean they respect you. People walk all over nice and decent human beings all the time. On the other hand, people don't tend to walk all over people they respect.

#### **4. Self-respect leads to others respecting you.**

Self-respect, in a world where everyone is constantly offended and judging you, is really tough. But it's necessary. You need to figure out what makes you respect yourself first, before anyone else will respect you.

Self-respect means you know what you're willing to do and what you're not willing to do. It's honour and dignity that makes you, you. It's your line in the sand to help you feel good about who you are and what you've done.