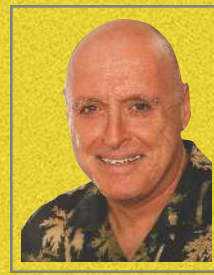


THE EXTRA POINT

BY JERRY ROBERTS



796 Worrying About What Others Think About Us

So many of us worry about it, and we really shouldn't. For so many of us, this consideration is the first thing we think about before we make a decision. For so many of us, it's truly a roadblock to the happiness and fulfillment we say we want in our lives. I'm Jerry Roberts, and I'll tell what it is, next on The Extra Point.

The multi-segment Facebook or Instagram story we assemble with meticulous care. Every one has to be just so, and we test out at least a half-dozen songs to go along with it. Well, it says so much about us, it has to great. It's our image, after all.

I was passed over for a promotion again. I've worked here for five years and I'm doing the same job as when I started — everybody knows it. It's humiliating, and I know people are laughing at me. I should find another job where my talents are appreciated.

Good Lord, another wrinkle. Yes, it's just a small thing. Well, actually, it's deeper than I thought. And how come I can't shake that last 10 pounds? I used to be in such good control of these things, but now it seems like it's catching up to me fast, and I know everybody notices. I see their stares.

My car is run down, my clothes aren't new, there's a scratch on one of the lenses of my glasses, and my hair — what am I going to do with it? It's just, ugh, unmanageable. It's all so embarrassing. Other people have it easier. They don't know what I have to go through?

Have you ever said these kinds of things to yourself? Have you ever compared your life to someone else's? Have you ever worried what other people are thinking about you?

Finally, has the thought of what other people are thinking of you had a negative effect upon you, such as making you depressed and convinced that your life sucks?

As I said at the start, so many of us worry, worry about what we suspect other people are thinking about us. That's the bad news.

You want the good news? I've got it for you in three delightful chunks of wisdom and truth. If you've got a shield of unbelief up for protection, drop it long enough to absorb what's coming, and you'll never worry about this again.

1. People are almost certainly paying little to no attention to you and your problems, because they're too busy dealing their own troubles — and they just may be worried about what you're thinking about them.

2. Now, for the few people who would be noticing, and gossiping behind your back about it. It's been attributed to many people, including American financier and statesman Bernard Baruch and Dr. Seuss — I'll take a little creative license with it...

"Be who you are and take care of your business as best you can, and don't worry who may see...because those who mind don't matter, and those who matter don't mind."

3. What people think of me is none of my business. Consider it this way, they're probably not going to tell me, so why should I sweat over it?

A little juice for the mindset, today. I hope it's refreshing.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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