

A child is jumping joyfully in the air, holding a long string attached to a large cluster of colorful balloons in shades of red, yellow, blue, and purple. The background is a soft, light blue sky with a painterly texture.

Mind Your Own Business

Yes, you read the title correctly. In life, people judge. They judge you, other people, places, things, events...all the time, non-stop. You probably do some judging yourself.

So how does this relate to being a caregiver? If you have historically wanted or needed your parents' approval, you need to work on letting that go now. Relieve yourself from forming your decisions and actions around how they, or others in your family, might view or judge you. You can't please everyone!

Wanting to gain others' approval is a hard habit to break, but it's so worth it! Best thing is, once you learn to give up the habit with your family, you'll probably give it up with other people too.

So here's all you need to know: if someone judges you for something, there really is nothing you can do about it. So just remind yourself: **"what they think of me and my decision is none of my business."** And it's true!

That doesn't mean you should never again decide out of generosity to consider someone else's preferences when considering your options. It doesn't mean you don't care if people love you. It just means that when you have a mission to accomplish, you give yourself permission to pause and say to yourself, "and we breathe!" Then take a deep breath, and let go of worrying about whether everyone will approve of the way you go about things. When you trust that you are behaving to achieve the greater good, I can assure you that others who judge and criticize will survive, and more importantly, you'll feel relief!

When you have practiced this skill enough and have a new ability to liberate yourself from the knot of concern and upset you used to feel, you'll be able to experience more compassion, forgiveness and freedom!

And now, breathe through your urge to repeat old behaviors to give yourself a moment to pause and practice something new so you can achieve a new outcome that also takes care of you... and we breathe...

Take a moment to write down your answers the questions provided.

1. What judgments from your parents or other family members interfere with your ability to handle your caregiving responsibilities in ways that are also respectful to your needs and feelings?

2. Whose approval are you seeking or hoping for? What is the belief that you hold that says you need their approval?

3. What feelings arise in you if you take your needs and feelings into consideration, and not just the needs and feelings of your loved one?
