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**YOU DON'T HAVE TO JUSTIFY
YOURSELF TO ANYONE**

If you often feel like you need to Justify your decisions to others Especially if you think that you need to Justify those decisions to people for Whom your decisions don't even impact Then you are in the right place When it comes to choices that you make For yourself and your life especially Those choices that don't impact anyone Else but you find that you're getting Comments or criticisms or judgments for Them from them for your decisions and Then you think you need to justify it You need to get them to agree with you That you gonna you know you get upset or Hurt when they do give you any kind of Pushback and you think that it's your Job to get them to agree with your Decisions Then that is what we need to talk about Today because there are so Many Situations Circumstances in your life That other people don't have to agree With that other people don't have to Like that you don't need to justify To them i'm going to talk about what to Do instead Here today stay tuned i hope you get a Lot out of this one because it's an Important one that many of us especially Those of us who struggle with people Pleasing or you know with wanting Everyone to like us It is one that we we might struggle with More and so we're going to talk about That today If you're new here welcome to our Incredible little corner on the internet Take a second introduce yourself in the Comment section below if you are back Again it is always good to have you um If you haven't already subscribe to the Channel the button's about right down There and then you um i believe we'll Get notified when new videos come out or You just get to be a subscriber and That's cool too whatever Uh either way my name is julia christina And i am a registered clinical therapist A researcher a coach and the creator of My membership community the shift Society Where we are taking the work that we are Talking about here to a deeper level you Are getting supported held accountable Getting tools and strategies and Techniques to learn how to Properly manage your mind and emotions No matter whoever or whatever is going

On around you you can get more Information about the shift society in The description below I help heart centered humans Break through the crap that is holding Them back so that they can like Themselves and their lives more every Day and a lot of this crap that holds us Back is thinking that we need to justify Our decisions to people for whom those Decisions don't even impact And what does this look like so i want To give you an example of something just Recently came up with someone in the Shift society and i thought it was such A good example and i loved that she Shared this because so many people in Our group could relate to it in just a Second i need to open the window and get Some air it might be a little bit noisy In the background but i need air because It is hot here today and i Am um yeah just Getting it feeling a little bit Suffocated in the heat um but yeah so This particular person was talking about How she lives in a part of she lives in A community that is more of like a rural Community that tends to be more into Like you know into farming and into Living off the land and into just being More involved physically with with Resources and with you know just like Nature and stuff like that and you know She moved to that area because she Really wanted to be a part of that right She wanted to kind of have a slower pace Of life and more connected to the earth Kind of uh you know daily life and and That's what she really valued But she also really values going to the Gym and working out and eating like a Really you know nutrient dense Plant-based diet And both of those things are not Kind of in congruence with the community That she lives in so not many of the People there go to the gym right they Tend to like You know throw hay bales for exercise And you know just have a different type Of diet maybe more of like a meat and Potato based diet and you know that's What's working for them and that's what They like but she likes doing things This way and that's what feels good for Her but what she's noticed Is that she gets comments and criticisms

About her physical activity choices and Her dietary choices and was finding this Really hard and and kind of hurtful and Would find that she would like secretly Like kind of try to be private about What she was eating and Not eat in front of people and like kind Of you know not tell people that she was Going to the gym because she was scared Of getting that pushback or you know That criticism And so we talked about this And we talked about how she is allowed To make choices for her own life that Have no impact on anybody else And they are allowed to not like it And it's not her job to convince them to See things her way especially if they're Not interested in that especially if They're committed to what they think is Right she doesn't need to convince them That what she thinks is is right for her And she wasn't actually trying to tell Them that they should change she was Trying to get them to understand or to Kind of see that what she was doing was Okay but we talked about how that's not Necessary that we don't have to get People to agree with us That we don't have to get people to see Things our way that we don't have to get People to change their minds we actually Don't and oftentimes we can't What we need to be doing instead is Making sure that we really like our Decisions That we are on board with our choices That we feel good about it Know just to justification required And so we talked specifically about Different strategies and ways to respond To someone who might be criticizing her Or or judging her kind of poking fun at Her for whatever choice that she's Making for her life and what feels good For her and what's right for her And you know like how she could how she Was responding before like i said she Was trying to do things secretly or Privately or trying or you know get Really hurt and offended or try to Justify it or you know like try to get Them to see things her way and then it Would just kind of fuel the fire and it Would turn into something tense and you Know just turn into this power struggle Of back and forth and instead We talked about this

concept that's used Often in psychology it's a psychological Term called rolling with resistance And this is something that we can all Use Instead of getting into a power struggle When someone is resisting right when Someone is resisting something that We're doing and resistance looks like Again judging or criticizing or making You know passive aggressive comments or Underhanded remarks about our decisions Like that's resisting it they're they're They're creating tension About something That they don't like or they don't want Or whatever that is like they don't they Don't agree with and you know we could Go into all the reasons maybe they feel Threatened by it maybe they think it's Dumb Maybe you know they think that they're Better and you know whatever that we Don't need it doesn't really actually Matter Why someone is throwing up that Resistance The only thing that matters for us and Our well-being is how we respond to it And going back to this concept of Rolling with resistance And this is just simply not trying to Argue not trying to be right not trying To change any minds and just rolling With it just maybe even agreeing with it If someone's like you know well that's Dumb that you're eating all of those Vegetables just being able to say yeah Maybe but it feels good for me Right like we're just rolling with it We're not saying like no don't you know That you need to have like so many Servings of fruits and vegetables and You need to have like all these things And for optimal health like we don't Need to do that Right i mean you can if you want you can Say like here's the literature on like Why this form of eating or this choice You know this thing this exercise or You know This way to like part your hair or Whatever that is is the superior is the Best way or whatever that is whatever it Is that someone's criticizing you for You can try to give them information you Can try to you know have them see things Your way or you can just not And you can say like I see that you don't like it or you Don't agree with it or that's not how You do things and that's fine this is How i do

it and this is what works for Me and in all serious seriousness when We did a little bit more digging We discovered as i was talking to this Woman that for her Regardless of whether she's throwing hay Bales all day Going to the gym and kind of getting Into that zone and following through on That ritual and that routine that she's Created for herself and eating a Specific way that feels good for her is What she needs To feel good What she needs for her mental health Because she is prone to things like Anxiety and depression and what she has Found Is taking care of herself in these ways Has been really helpful for her wellness Plan For helping her stay out of that sort of Dark depressive pha or space or that Really sort of Tense you know zooming kind of anxious Uh state And so what she has found is this is not Just something that she likes to do for Fun But it it helps her manage her mental Health better it's part of her wellness Plan And we talked about how she could say That especially to people that are close To her family members or close friends That may be poking fun at her and just Be able to say like you know for me of What what i've found Is that these the doing these things and Making these choices And fulfilling these commitments to Myself Keep me from going Into a really dark place They're part of what keeps me from my Mind From spiraling out of control And being able to just explain that and Again it's not about trying to convince Them it's not about trying to get them To see things your way it's not about Justifying it it's just saying this is What makes sense for me and there's a Pretty significant or even serious Reason for it And again you can decide if you want to Share your truth This isn't about trying to convince Anyone this isn't about trying to change Any minds you can decide if you want to Share this information or not Right you do not have to justify it What is going to be more helpful is that You get solid in your decisions That you like your reasons for your Decisions and if you like your reasons For your decisions then other people Especially like i said

the people that Your decisions are not even directly Impacting don't need to like your Decisions they don't need to agree with Your decisions they don't even need to Agree with your reasons for your Decisions All they need to do is manage their own Decisions and their own reasons for Their own decisions as well And so what we find also is one of the Results of this Is not only do we not get all worked up And like riled up and upset or offended When someone has feedback for us about What they approve of or don't approve of When it comes to our own lives and our Own choices what we find though is when We're not engaging in these power Struggles when we're not trying to argue Or justify is that the resistance either Slows right down diminishes or Completely stops Because if someone is not getting a Reaction if they're you know even Consciously or unconsciously trying to Get a reaction and they're not getting a Reaction out of you then what's the Point If they're like oh well going to the gym Like that's so bougie or like who do you Think you are going and working out like What a silly thing to do and just being Able to say yeah maybe Right you're rolling with it like maybe It's stupid maybe it's bougie maybe it's Silly maybe it's ridiculous Who knows Right no one gets to decide whether or Not it is or isn't you might have the Thought that it is i have the thought That it isn't so Whenever we can't say whether it is or Isn't because it's you know just based On someone's thought about the Circumstance and people are gonna have Different thoughts about it so maybe it Is maybe it isn't whatever Right and if they're not getting that Power struggle they're like oh It's like giving someone a limp Handshake right where it's like you go To give them a handshake and like if You're met with a limp handshake you're Kind of like ugh like i don't want to do That again i didn't no that just like That was not satisfying That felt weird and you maybe you've Done that right have you ever done that Where you've gone to give someone a Handshake and they kind of give you like A like a

limp like a dead fish hand You're like That was creepy that was weird Right You're like i don't i don't want to do That again that was not satisfying And so we don't need to justify it you Can explain it if you want to you can Let people know your reasons and again They don't have to agree with it they Don't have to like it they don't have to

Think it's right Right we're not about it's not about Convincing anyone The only person we need to convince About our decisions Is ourselves and that we like our Decisions they make sense for us that we Feel good about them and then letting Other people have their own Thoughts about them If justifying your decisions Is something that you struggle with if Trusting yourself to be able to make Your own decisions is something you Struggle with i have two things for you I've got the simple step steps to

Self-trust That is a step-by-step guide that's Going to teach you how to be more Trusting of yourself how to feel more Solid and secure in who you are because Any strong relationship any healthy Solid relationship is based on trust And we don't think of it with ourselves When i think of it with other people we Also need to be building

Self-trust We need to be building that solid Foundation trust so get that guide the Simple steps to self trust it is in the Description below also my book Drive your own darn bus is all about Learning how to manage our own minds and Our own emotions so that we don't need To be trying to manage other people's Minds and other people's emotions in Order for us to feel okay so we are Driving our own lives we are taking

Charge of our own choices we are taking Charge of our own mind and our own Emotions and going in ou direction that Makes sense for us and our lives Get that book drive your own darn bus Get the simple steps to self trust let Me know what connected with you here and Uh Always good to be with you Until next time take good care of Yourselves Take good care of those around you Bye for now

