

AI-00613 Excessive Other Thinking

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What is the term for “I’m thinking more of what other humans think of me”?

There are several terms you could use to describe "I'm thinking more of what other humans think of me," depending on the specific nuance you want to convey:

Formal terms:

- **Social dependence:** This emphasizes the reliance on others for validation and approval.
- **Social comparison:** This refers to the tendency to compare ourselves to others and judge our own worth based on those comparisons.
- **External locus of control:** This describes the belief that external factors, including other people's opinions, have a greater influence on our lives than our own choices and actions.
- **Hypersensitivity to social evaluation:** This is a clinical term for a heightened awareness of and negative reaction to potential negative social judgements.

Informal terms:

- **People-pleasing:** This emphasizes the desire to win others' approval and avoid their disapproval.
- **Approval-seeking:** This highlights the act of actively seeking out positive evaluations from others.
- **Insecure:** This suggests a lack of confidence in one's own worth and value.
- **Self-conscious:** This describes an awareness of how one appears to others, often accompanied by anxiety or discomfort.

- **Overthinking:** This implies dwelling on other people's potential opinions to the point of it becoming unproductive or harmful.

Figurative terms:

- **Living in the spotlight:** This is a metaphor for feeling like everyone is constantly watching and judging you.
- **Wearing a mask:** This refers to hiding one's true self in order to conform to others' expectations.
- **Walking on eggshells:** This describes being wary of any behavior that might offend or disappoint others.

The best term to use will depend on the specific context and the emotion you want to convey. For example, "social dependence" might be appropriate in a research paper, while "people-pleasing" might be a more relatable term for everyday conversation.

Ultimately, the most important thing is to understand the underlying reason why you are focusing so much on what others think. Is it due to insecurity, a desire for connection, or something else? Exploring these reasons can help you develop a healthier relationship with yourself and with the opinions of others.

I hope this helps! Let me know if you have any other questions.