



Circumstances
don't care
about you.

@vallabhchitnis

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You are giving power to things
that don't care about you.

Most of our stress comes from reacting
to things that were never personal.

- *A delayed response.*
- *A change of plans.*
- *Someone sounding distant.*
- *A boss giving short feedback.*

These things don't care.
Your reaction gives them power.

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The Core

- Life happens. Most things are not about you.
- Taking things personally = unnecessary suffering.
- Reframing = freedom from emotional stress.

So why let things you can't
control ruin your peace?

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Example #1: Stop Taking Silence Personally

Your friend hasn't texted back for hours.

✗ Old Thought: "They must be mad at me."

✓ New Thought: "They're probably just busy. My worth isn't tied to their response."

Why?

People have lives, responsibilities, and distractions. Silence isn't rejection.

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Example #2: People Have Their Own Battles

Your partner seems distant and distracted.

✗ Old Thought: "They're upset with me."

✓ New Thought: "They might be stressed about something else. I'll check in instead of assuming."

Why?

Not everything is about you. People carry stress from work, health, or personal matters.

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Example #3: Your Boss Is Just Busy

Your boss sends a vague message: "Let's discuss."

✗ Old Thought: "I must have messed up."

✓ New Thought: "This could be about anything. No point in assuming."

Why?

Most work-related stress comes from assumptions. Stop assuming the worst without facts.

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Example #4: Clients & Colleagues Have Priorities Too

A client reschedules a meeting last minute.

✗ Old Thought: "They don't respect my time."

✓ New Thought: "They have their own priorities.
This isn't personal."

Why?

Delays, reschedules, and last-minute changes
are normal in business. It's not about you.

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The Key Takeaway

The moment you stop reacting, you take back control.

- ✓ Don't personalize neutral events.
- ✓ See situations as indifferent forces doing their job.
- ✓ Control how long you let things bother you.

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Which of these reframes do you need the most?

- ✓ Not taking things personally
- ✓ Seeing events as neutral forces
- ✓ Stopping emotional reactions quickly

Reclaim your energy.

Don't give power to things that don't care.