

Handling Put-Downs

Activity

Put-downs are things people say just to make us feel bad about who we are. We need to learn how to handle put-downs so we do not feel bad.

The best thing to do when you are put down is to ignore it. Most people make put-downs to get attention. Being ignored is what they dislike most.

If you must say something to the person who put you down, do not respond with another put-down. Insulting back only escalates the situation and results in more put-downs.

It is better to give a quick comeback that is not mean. Some ideas are:

- "I don't agree."
- "Really?"
- "Perhaps."
- "Could be."
- "So what?"
- "I'm sorry you feel that way."
- "How did you know?"
- "Would you put that in writing?"
- "Are you talking to the right person?"
- "That's your opinion."

Do not let put-downs from others affect how you feel about who you are. You know what kind of person you are, and you know what you need to do to improve. Put-downs are not designed to help make you a better person.