

Do you worry too much what other people think of you?

Other people with Corinne Sweet

Do you worry too much about what other people think about you? Does it matter? Sometimes it does, especially if it causes anxiety and distress.

Our lives today have become very public. Social media pushes us daily to like each others' posts and photos. In this critical, even judgemental world, we're often tempted to project a perfect vision of ourselves. In fact, humans are hard wired to be aware of how of how other people see us.

Using MRI scanners scientists can even identify the places in the brain that react strongly to the life saving emotions.

In the scan, feelings of shame or guilt trigger activity in the brain which light up on screen.

Evolution and social experience has bred us to care what other people think, but sometimes we can worry too much without checking the reality.

Although we need to feel danger to save our skins, we need to watch out if we see dislike where there is none.

While it's only human to worry about what others think of us, it's also important not to try and please everyone.