



Don't Get Pulled Into People's Drama

How to Reclaim Your Confidence

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Recognise the Pattern

Why do people disrespect you? ...It's rarely about you. It's often about them.

Disrespect usually stems from emotional immaturity, insecurity, fear of confrontation, or an unwillingness to take responsibility. People pull you into their drama not because you're wrong, but because it's easier to shine the spotlight on you than to illuminate their own shadows.

The truth is, their self-worth often sits low on the emotional scale. Behind the bravado and bold "got it together" facade is an ego quietly pulling them into not-enoughness.

Beneath the surface, they're often battling:

- Self-doubt
- Anxiety
- Low self-esteem
- A constant sense of being "less than"
- Cycles of comparison and competition

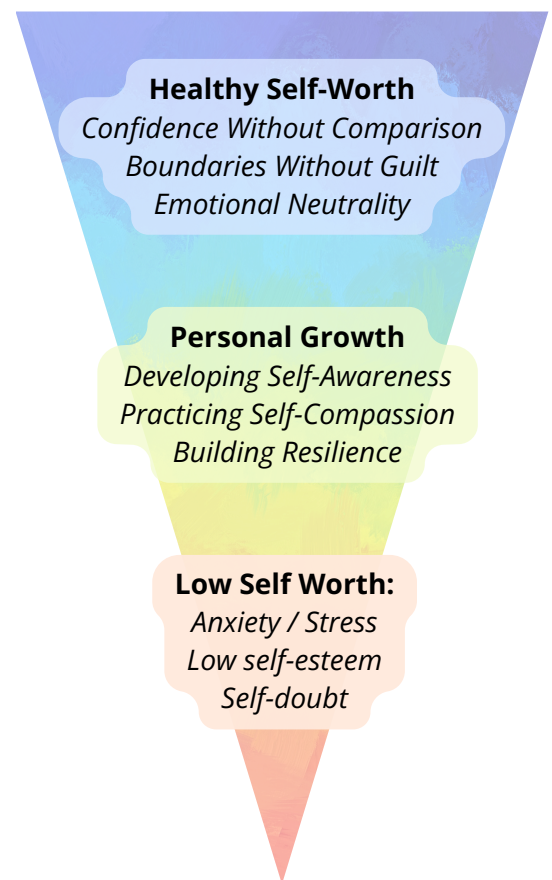
So when they see you steady in your rhythm, happy, upbeat, or content, it stirs something uncomfortable. Unconsciously, they compare your energy to their own and feel the gap. That discomfort can quickly morph into envy.

They start scanning for weaknesses, wondering:

"What subtle dig can I make to bring her down just a little?"

...It's a flimsy strategy to feel a little higher. In doing so, they crown themselves the winner ...falsely. It's an unstable elevation built on fragile ground. Easy to crumble. Because the foundation was insecure all along.

People with healthy self-worth don't need to find fault in others. They might offer honest feedback, but they're not threatened by someone else's success. They celebrate being in the company of excellence.



Their Negative Comment

This is where insecure people start pushing your buttons, not to resolve tension, but to distract from their own discomfort. It's like you're wearing a heavy jacket covered in emotional triggers, and they're running their fingers across each one, just to see what provokes a response. Think of it like an emotional amusement park: they provoke drama not to solve anything, but to offload what they don't want to feel.

And it often sounds harmless. A passing remark like:

"Is that what you decided to do?" ...a question sharp enough to stir shame, but soft enough to pass as casual or helpful.

Your mind spirals:

- *Did I mess up?*
- *Should I have done something differently?*
- *What's wrong with me?*

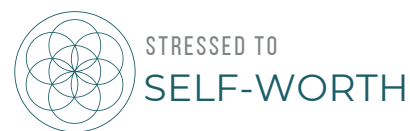


And just like that, the focus shifts, from their discomfort to yours. They find relief in your self-doubt. The pressure moves off them, if only for a moment. "Is that what you decided to do?" isn't feedback; it's a projection. Instead of joining in or sharing the load, they weaponise responsibility and try to turn your joy into guilt.

If you react, rush to explain, or start doubting yourself, you've stepped into their dynamic. You've handed over the power. There's been a tiny fracture in your boundary, and in that moment, they found it.

Because when your nervous system perceives a threat ...emotional or otherwise, it shifts into fight, flight, freeze, or fawn. Your prefrontal cortex goes offline. Logic fades. Your voice disappears. You can't remember what you meant to say. You're no longer responding; unfortunately, you're reacting.

But what if you didn't take the bait?



You shrink your energy. You feel exposed. Vulnerable. You trust this person, so you reach for them:

- *Help me out of this.*
- *What did I miss?*
- *What can I do differently?*
- *What do you think?*

And just like that, you're seeking their approval. You wait ...for a sign of clarity, a flicker of comfort, a nod that your good intent has been understood. But that's rarely their aim. Because reassurance would dissolve the imbalance they unconsciously rely on. And the difficult truth is: they may not want resolution.

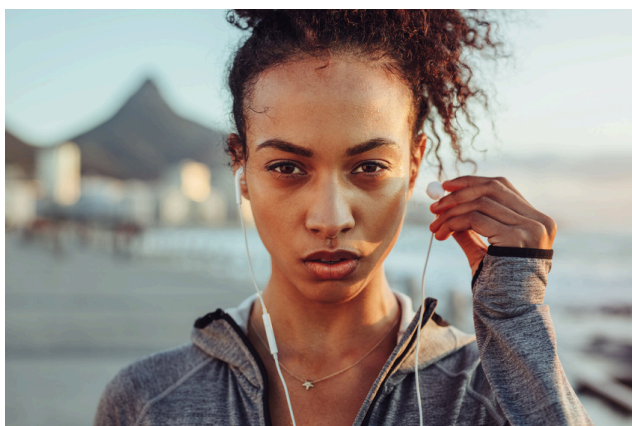
They may want control. Or emotional leverage. Or to keep you off-centre, uncertain, apologetic, and unsure of your value. And the longer you wait for them to change, to validate you, or finally explain themselves, the deeper you embed yourself in a dynamic that was never designed to empower you.

But what if you didn't take the bait?

What if, when they said, "That's what you decided to do?" ...you simply stayed grounded. You recognised the game they were playing. And today, you chose not to play. Because your emotional well-being comes first ...above performance, above pleasing, above the fragile connection that depends on you making yourself small.

That's the shift:

- You stop justifying.
- You stop overexplaining.
- You stop proving your worth to someone who's outsourcing their pain.



Radiate Confidence

Instead, you breathe. You slow your pace. You claim your space. This is the true definition of confidence. Grounded people don't rush to defend. They don't shrink, and they don't attack. They move at the pace of self-trust, with clarity and calm. They respond plainly, without emotional weight.

...And in doing so, they allow their presence to speak louder than another person's insecurity ever could.

You see this in thought leaders who take their time on stage. They speak at a pace that's natural to them. They don't contort themselves to meet others' expectations, because if they did, they wouldn't stand out as the leaders they are.

That is healthy self-worth.

So when someone you care about delivers a loaded line like:

"Still living at home?" "Don't you want kids before it's too late?" "Why are you still single?"

... you don't take the bait.

- You say less.
- You let neutrality do the talking.
- You let silence speak because silence is where insecure people feel their discomfort the loudest.

We're so often conditioned to be the ones who fix, soothe, and solve ...to carry the emotional load. But that pattern can quietly reinforce a deep ache: no matter what I do, it's never quite enough. I'm still not truly seen. Not fully considered. Flip the script. Stop rushing to prove your care. Instead, invite them to show theirs.

Now, take it one step further.

Position yourself to receive information before you give it. Stay curious.

Let them reveal where they're really coming from. Ask:

- *"What makes you say that?"*
- *"What does a solution look like to you?"*
- *"What are you hoping I'll take away from that?"*
- *"Can you help me understand what you meant by that?"*
- *"Are you open to hearing how that landed for me?"*
- *"What's the intention behind that question?"*
- *"Would you ask someone else the same thing?"*

Next Steps:

And later, when you're safe and centred, you check in with yourself:

- What kind of comments really get under my skin?
- Where are my deepest triggers?
- Am I still wearing that heavy jacket full of buttons that others so easily press?

Because if a stranger had said the same thing, you probably wouldn't care. So what dynamic has been allowed in this relationship that makes their opinion feel so powerful?

This kind of inner work won't make you immune to pain. But it will make you solid, so no one can shake your centre. So, where do you go from here?

- You stop making yourself small for people who refuse to rise.
- You call back the parts of yourself you've scattered.
- You honour your voice ...even when it trembles.

And you remember: not everyone deserves a front-row seat in your life just because they know how to press your buttons.

So take a breath.

Take up space.

And start listening inward more than you listen outward.

The next time someone tries to pull you down ...let it be the moment you rise.

If you're ready to deepen your self-worth journey, I'm here to support you.
Reach out anytime.

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Thank you!

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