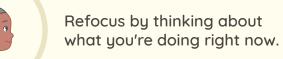
## **Ignoring Others' Behavior**

In order to ignore others' behaviors we must be able to make social judgements and exert self-control. To ignore others' behavior refocus your attention and use self-talk.





Use self-talk to tell yourself a positive message like "Focus on your work."