

## 5 Proven Tips to Deal With Insensitive Comments

If you are not careful, insensitive comments can negatively affect your mood and cause you to become discontent. Therefore, you need to deal with them in a healthy way to protect your spiritual, emotional and mental health.

*"You cannot keep birds from flying over your heads, but you can keep them from building a nest in your hair." Martin Luther*

**[1] Smile, 'walk away' and be gracious.**

**[2] Don't replay the statement in your mind. Be aware of your thoughts and how they are affecting you.**

**[3] As soon as you remember the thought that you'd like to forget, quote an applicable Bible verse that debunks the toxic thought.**

**[4] Recall an encouraging conversation or memory that counteracts the unhelpful statement.**

**[5] Be around persons who have a biblically-balanced view concerning singleness.**

Check out:

[5 Compelling Reasons Why Singleness is Beautiful](#)

[10 Fun Ideas to Kill Boredom](#)

With love & laughter,  
Kimberly Garth

*"Keep your heart with all vigilance, for from it flow the springs of life." Proverbs 4:23*

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