

# Bird Song, Responding to Belittlement

As intuitives, we often face this “wicked” inner dilemma, we act as “receivers.” We are really good listeners, radically absorbing our world, even in overwhelming ways. In a healthy society, with nourishing, wise and compassionate communication, being a “radical absorber” would be no problem. However, in an unhealthy and emotionally challenging society, we are often on the “receiving end” of a whole lot of abuse. Intuitives are frequently misunderstood for their sensitivity, sincerity, empathy and “soft” shell.

## **In comes our sword and shield.**

The properties of a “Saint;” we can be who we are, our natural, intuitive, soft and kind selves, but in this climate?! We certainly have a few understandings to tackle in order to safeguard ourselves.

Here are a some analogies that may help us “polish” our intuition, in a way that stops conflict short before it reaches our very loving and sensitive hearts.

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## **Dropping Glass**

Imagine someone drops a glass. It slips from their hand, and for a split second it tumbles in the air. You have a choice. You can:

- Catch it — reaching out quickly to save it before it shatters, protecting them (and yourself) from the mess.
- Let it fall — deciding it isn’t yours to rescue, allowing the glass to break so its true fragility is revealed.

Belittlement or degradation is much the same. When someone throws hurtful words, it is as if they are dropping their own glass — an act of clumsiness, fragility, or even carelessness.

- Catching the glass is like responding with patience, composure, or compassion. You prevent the “shards” of their words from scattering everywhere and cutting you. You hold the weight without letting it crash into your own spirit.
- Letting it fall is choosing not to take ownership of their carelessness. Their words may shatter on the ground, but you keep your hands safe.

In both cases, the key is awareness of choice. You don’t have to lunge for every falling glass; nor do you need to let every single one break. The wisdom lies in recognizing: Does catching this protect my peace, or is letting it fall the cleaner way to live?

## **Cars**

When someone belittles or degrades you, it's like watching another driver lose control of their car on the road.

- If you react by swerving wildly to match their chaos, you risk colliding, being pulled into their wreck, and suffering damage that wasn't originally yours.
- If you stay calm, hold your wheel steady, and choose carefully whether to brake, steer clear, or call for help, you protect yourself and possibly even prevent a pile-up.

Sometimes, stepping in — like carefully guiding them out of a skid or calling for roadside assistance — is like responding with grace or empathy. You help stabilize the situation so no one gets more hurt.

Other times, keeping your distance — allowing them to crash in their own lane without dragging you into it — is the wiser path.

The heart of the analogy is this: their loss of control is not your fault, but your response determines whether you stay safe, preserve your peace, and perhaps even prevent greater harm.

## **Storm At Sea**

**Analogy: Responding to belittlement is like facing a storm at sea.**

When someone belittles or degrades you, it's as if they've stirred up a sudden squall — waves of harsh wind, rain, and noise.

- If you try to fight the storm head-on, screaming into the wind, you only exhaust yourself and risk capsizing.
- If you drop anchor and hold steady, you let the storm rage past without pulling you under.
- If you adjust your sails with calm skill, you can even use the wind of their words to carry yourself forward rather than backward.

The storm does not define the sailor. The skill of navigation — choosing whether to anchor, steer, or ride the wind — defines the journey.

This analogy emphasizes strength, dignity, and choice in the face of someone else's turbulence.

## **Graceful & Composed Responses**

- "I hear what you're saying, but I won't let that define me."
  - "That's your perspective, not my truth."
  - "I prefer to keep this respectful."
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## **Reflective Responses (turning it back on them, gently)**

- "I'm curious, what do you gain from speaking to me that way?"
  - "That sounded dismissive — was that your intention?"
  - "Would you say the same thing if the roles were reversed?"
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## **Boundary-Setting Responses**

- "Please don't speak to me like that."
  - "If we're going to continue this conversation, I need it to be respectful."
  - "I won't engage in conversations that tear me down."
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## **Light, Disarming Responses**

- "Interesting point of view."
  - "That says more about you than me."
  - "I'll take that as a reflection of where you're at, not who I am."
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## **Silent Response**

Sometimes the strongest response is no response at all. A calm pause, a steady gaze, or walking away can be louder than words.

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The key is remembering: belittlement is often projection. Someone else's insecurity, frustration, or need for control is spilling over. Your response isn't about proving yourself to them — it's about preserving your dignity and peace.



### **Gentle, Songlike Responses**

- “Your words may be heavy, but my spirit is light — like a bird, I rise above them.”
  - “I choose not to echo harshness; I’ll let my voice stay clear and calm.”
  - “Peace is the melody I keep, no matter the storm.”
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### **Responses that Redirect, Like Birds Changing Flight**

- “I won’t carry that weight — my wings are meant for higher skies.”
  - “I hear the noise, but I choose to keep singing my own song.”
  - “Not every sound deserves an answer — some I let drift away on the wind.”
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### **Light & Graceful Boundaries**

- “Please speak with kindness; we both deserve gentle skies.”
  - “Let’s rise above the ground where hurtful words live.”
  - “I won’t perch on branches that break beneath cruelty.”
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### **Silent, Poetic Gestures**

Sometimes silence itself is birdsong: a soft smile, a steady gaze, or simply turning toward the light.