

7 STOIC RULES

to Stay Calm When Disrespected

The weak react. The strong observe.

STOIC ALL DAY LONG

RULE 1

Pause before you respond

“Between stimulus and response there is a space. In that space is your power.”

An insult only becomes a wound when you answer it instantly. The pause is not weakness — it is the moment you take command. Three seconds of silence will end more conflicts than three hours of argument.

TONIGHT'S PRACTICE

Tonight, recall one moment you reacted instantly. Write down what the pause would have changed.

RULE 2

Remember: their words describe them, not you

*“The best revenge is to be unlike him who performed the injury.
— Marcus Aurelius”*

Disrespect is a confession. It tells you exactly where the other person stands — their frustration, their envy, their lack of control. Receive it as information, not as a verdict about your worth.

TONIGHT'S PRACTICE

Next time someone is rude, silently ask: what does this reveal about THEM?

RULE 3

Decide what is yours to control

“Some things are in our control and others not. — Epictetus”

Their tone, their opinion, their behavior: not yours. Your posture, your breath, your answer: entirely yours. Calm begins the moment you stop managing what was never in your hands.

TONIGHT'S PRACTICE

Draw two columns: 'mine' and 'not mine'. Sort today's irritations into them.

RULE 4

Lower the value of the applause

“He who fears being laughed at can never be free.”

If their approval can lift you, their contempt can crush you. The price of needing applause is being owned by everyone who can withhold it. Need less — and watch how little their words weigh.

TONIGHT'S PRACTICE

Catch yourself once today seeking approval. Don't condemn it. Just notice it.

RULE 5

Use silence as your answer

“The weak react. The strong observe.”

Silence is not retreat. It is the one answer that cannot be twisted, quoted or fed. Most provocations starve to death in front of a calm face.

TONIGHT'S PRACTICE

In your next tense conversation, let one provocation pass in complete silence.

RULE 6

Train daily, not in the storm

“We suffer more often in imagination than in reality. — Seneca”

You will not rise to the occasion; you will fall to your training.
Composure is built in the morning — rehearsing the obstacle before it arrives — not invented in the moment the insult lands.

TONIGHT'S PRACTICE

Each morning, name one difficult person you may meet today and decide now who you will be in front of them.

RULE 7

End the day in review, not in resentment

“I will keep constant watch over myself and put each day up for review. — Seneca”

Resentment is the insult you keep paying for. The Stoic closes the account every evening: what tested me, where did I hold the line, what will I do better. Then he sleeps — free.

TONIGHT'S PRACTICE

Tonight, write three lines: what tested you, how you responded, what you'll correct tomorrow.

Knowing is nothing. Training is everything.

Turn these rules into a daily practice:

The 30-Day Stoic Journal — on Amazon

Daily wisdom: youtube.com/@stoicalldaylong

Instagram / TikTok: [@stoicalldaylong](https://www.instagram.com/stoicalldaylong)

Support the work: buymeacoffee.com/stoicalldaylong