

Kate Upton Responds to Victoria's Secret Snub



The modeling industry is full of critics, but the cover girl for *Sport's Illustrated Swimsuit's 2012*, Kate Upton, showed she can handle the competition and criticism with as much beauty as she exudes in her photos. Recently, Victoria's Secret casting director, Sophia Neophitou, said Upton would never walk down the catwalk for the famous lingerie company.

According to UsMagazine.com, Neophitou said that Upton was "like a Page 3 girl," and added, "She's like a footballer's wife, with the too-blond hair and that kind of face that anyone with enough money can go out and buy." Even though the comments were harsh, Neophitou's words didn't seem to phase the model, and she politely responded to the slams by saying, "I'm doing fine in my career, I don't need to walk down their

runway so it's all good. She can think that, and I can think whatever I want about her."

What are some positive ways to deal with negative comments?

Cupid's Advice:

Being able to take criticism and negative comments gracefully without getting caught up in drama is a great trait to possess. Cupid has some tips to help you be the bigger person in a bad situation:

1. Confidence: Anyone who's trying to break you down with negative comments doesn't deserve to see you act vulnerably, so stay confident. Stand up for yourself without criticizing the other person, and you'll win the battle.

2. Class: Perhaps the worst thing you can do is to give in to the teasing, and join in by firing back with more negativity. Nothing good can come out of it, and you'll leave feeling defeated and frustrated. Instead, ignore their comments or use the criticism constructively to better yourself.

3. Turn the tables: No matter what age you are, you're going to come across bullies. If someone starts bothering on you, calmly and curiously ask them, "Why do you feel the need to pick on me? What did I do to you?" Often, they're not going to have a justified reason, and it has a lot to do with their own insecurities.

How do you handle negative comments and criticism? Share your comments below.