

"Criticism is an event in someone else's head": how to react to comments to your address

Statistics Assignment Help

Criticism is unpleasant to such an extent, as far as it is pleasant for us, praise, only 10 times stronger. Very often you can find a story, as in just one negative comment, I had to forget someone about many positive opinions.

In the issue of emotional scales, criticism constantly outweighs a positive attitude. The negative event leaves an imprint in memory, so the loss has a greater emotional weight than the acquisition. Even if we begin to understand that we give too much importance to criticism, all the same, anything unflattering remark can lead to a sleepless night, even when there was nothing too bad during the day. How to start to perceive criticism easier and not allow her to penetrate the thoughts? Criticism is a story in someone else's mind

Initially, it is worth understanding that criticism is entirely based on the experience of criticizing. The whole process begins with the psychological reaction of the criticism itself. If at work someone starts to criticize you, counting with a swift, then you simply remind him of a particular person from the past job. This person can just see you in the same sweater. In the head of the criticizing your image or behavior can embody a negative experience. Because of this, he expresses criticism to your address. Put yourself in place of one who criticizes you

If the criticism may mean too much for you and is able to lead to mental torment, just regard it as an event in the head of another person. If the protective reaction does not begin to act, then you should not succumb to self-vaccination, and use an effective tool - empathia.

First, try to remember that criticism is an internal attitude towards what I saw a criticizing, and the feeling of what it provokes it. Psychotherapist R. Carlson in one of his books gives a useful answer to the question of how to cope with criticism. He offers to simply agree with an unflattering expression in your direction and wait until the criticism is retreating. The meaning is not to help the criticizing to release a couple or try to eliminate the conflict. It should also be understood that it provoked such a reaction. Where does the critic, and how to react

Criticaling may not have a real basis: I just didn't understand something, it is wrong arguing or he has such a limited look that he is not able to understand your action or statement. If you try, you will understand what caused such an attitude. The reason for criticism can be that you are often poorly exposed to those surrounding, too arrogant or show the hypocris.

If you know that criticism has no foundation, then still it is worth wondering why this happens. In this situation there may be a rather reasonable reason (you just didn't think about it), or everything could be a misunderstanding requiring clarification. Circumstances can push the idea that the reason for your actions will not be understood. In any situation, this will cool the dust and gets silent to argue or criticize the interlocutor.

If you have reacted to criticism, then remember that you just watch the expressions of the involuntary game in the Association, which is happening in the mind of another person. He simply sees his past in your actions or phrases, but not you real. Pass the Wikium Emotional Intellect course to learn how to better understand in your emotions and emotions around.