

RECEIVING CRITICISM

Criticism I received: _____

SEPARATIVE

1.) Self blame, self criticism → guilt, shame, depression:

2.) Criticising and blaming the other person → anger

CONNECTIVE

3.) My own feelings and needs → self acceptance, self care

I feel _____, because I would like _____.

I feel _____, because _____ is important to me.

I feel _____, because I care for _____.

4.) Guessing the other person's possible feelings and needs → seeing the humanity in the other and open for connection:

Do you feel _____ because you would like _____ ?

Do you feel _____ because you care for _____ ?

Do you feel _____ because _____ is important to you ?