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 FEELING & MY NEED:

SELF EMPATHY

I feel……., because I would like……

I feel……., because……is important to me.

I feel……., because I care about……

5.) WHAT MIGHT BE THE FEELINGS AND NEEDS OF THE OTHER PERSON:

EMPATHIC LISTENING

Do you feel……., because ……is important to you?

Do you feel……., because you care for……?

Do you feel……., because you would like…..?

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