

FUNSHEET



EPISODE 70

**7 WAYS TO HANDLE CRITICISM
WITH EMOTIONAL INTELLIGENCE**

**ABSOLUTELY
WRITE**
WITH ADITI SURANA



7 WAYS TO HANDLE CRITICISM WITH EMOTIONAL INTELLIGENCE

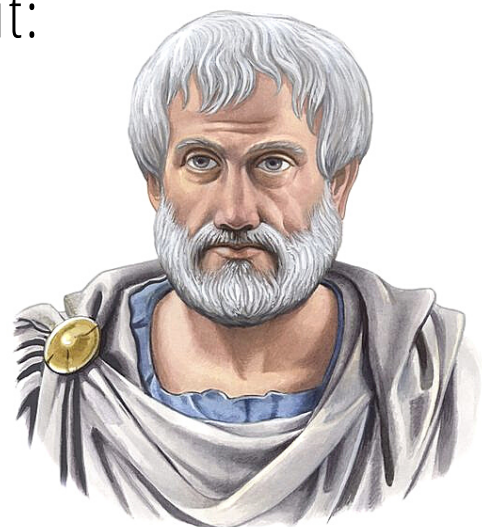
Do you remember the feeling of being criticised? What did you do in the moment? Do you think you dealt it well? The more important question is Would you like to learn how emotionally intelligent people handle criticism?

In today's short friday episode, let's talk about:

1. Why is criticism so tough to handle?
2. What do you do that makes the matter worse?
3. 7 things you can do to deal with it in an emotionally intelligent manner?

Aristotle's quick hack to avoid it:

“CRITICISM IS SOMETHING YOU CAN EASILY AVOID BY SAYING NOTHING, DOING NOTHING, AND BEING NOTHING.”



Most of us are willing to hear feedback but we tend to_____ in the face of criticism.

Feedback is about something gone wrong but criticism comes with _____ remarks and judgements.

What is your natural reaction when you are being criticised?

7 ways to look at criticism in a different light:

1. Know your triggers.

When you feel triggered you are already unwilling, offended, annoyed and in a fix. Pay attention to your triggers.

Can you spot 3 triggers that annoy you in a fight or argument?

1.

2.

3.

2. Ground yourself.

Your reactions first occur in the body. You feel tense and on guard, unable to listen and take in new information.

Do you have any grounding routine?

If yes, what is it ?

If no, then what can you choose?

(go for a walk, breath deeper or practice 'calmsutra' graphotherapy. Find your way to calm your mind and body.)

3. Do not take it personally!

Think of one situation and try to narrate it as a third person. Try to be as objective as you can in your perspective. E.g. I would say - Aditi stepped into the room and she was furious.

4. Is it really true?

They say if it stings, there is some degree of truth in it. If you keep your emotions aside, and look at what is underneath this critical remark?

What part of this critical comment is true?

5. Do not dismiss or minimise the issue.

When receiving criticism, your first instinct might be to think: Is it really that big of a deal? Maybe it is, or maybe it isn't.

Think of one situation where you felt this way & try to understand other person's point of view:

6. Apologize for your part.

The ability to apologize shows that you are capable of taking responsibility.

7. Set new ground rules.

Think of 5 things you can ask someone to do in the face of criticism.
Do research.

1.

2.

3.

4.

5.

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A graphotherapy practice to induce calmness

Join us every Monday for a Calmness based handwriting meditation called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on www.aditisurana.com/calmsutra



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We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com