



**HAVASS**  
Academy & Coaching

## DAY 6

*We do not doubt when we are sure of existence. Fire is hot, sugar is sweet ...*

If someone tells us that fire is a refreshing element, this thought makes us laugh at most. We don't think about it, and we don't turn our mood upside down with this statement. Because we have certainly come to know it; fire is hot. Criticism is exactly the same. If it affects us, it disturbs our self-esteem, then we internally agree with the criticism.

### *How can we deal with criticism?*

First step: the first thing you have to do is to stay calm. If you resist the anger, you will go through the same cycle again and again. Second step: determine the nature of the criticism; constructive or destructive? Is the critic trying to help you or overwhelm you? The way to understand this is to ask questions. "Can you elaborate a bit more?"

"So, what do you want me to do instead?" "Why do you think that way?" "Can you give an example?" After you've reviewed the critique, you'll get a better idea of the critic's purpose. If he wants to help you and he is right in his reasoning, tell him, "You are right, thanks for bringing it to my attention", that will be enough. So far there is no problem. If the critic leaves the questions unanswered, if he talks nonsense, if the criticism is not based on sound and sure thoughts, then you can go away quietly or you can say, "Sorry, I don't believe that." If the criticism has an illogical reason, it won't bother you.



### *So what are we going to do today?*

We're going to play a little game to examine the criticism and learn how to determine if a criticism is constructive. Ask two people in your circle of acquaintances "What do you think is my most important quality to change?" They will probably be nervous, you can reassure them by stating as follows: "Really, I am asking to work on myself." According to the answer received:

1. see how you feel. Do you feel uncomfortable? Do you feel bad when you are criticized? Attention; if you feel uncomfortable, you will probably agree with him.
2. if it's not a clear criticism, if you don't understand if it's constructive, ask questions for clarification, ask for details.
3. Listen to your inner voice and see if you agree with his criticism. If the criticism is correct, thank him and be grateful because he helped you understand. Great! Isn't it the perfect tactic to improve yourself?

Don't forget to write your notes on the worksheet and follow these 3 steps for the critique that will be given to you starting today. See you tomorrow!



### *Tasks*

- Ask two people to each name one characteristic they think you should change. Determine if this criticism is constructive. Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.



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