

## Cope with Criticism

Think of something that you're currently avoiding doing for fear of being criticized by others. It could be a specific activity, like jogging or dancing, or a behavior, like speaking up in meetings.

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What are you afraid others might think about you? Example: *If I speak up and sound nervous, people will think I am anxious and weird.*

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What are you afraid others might say to you? Example: *What made you think you could dance?*

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If someone did say something that was critical, how could you be assertive and stand up for yourself without putting the other person down? To help answer this, think of a confident, assertive person you know and how they might respond. Or imagine someone else in this situation. How would you advise them to respond? Example: *Being nervous doesn't make me any less worthy of being heard.*

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Imagine the criticism persists. Come up with another assertive statement. Example: *I'm jogging for my own health, not to impress you.*

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Repeat this back-and-forth exchange until you can't think of any more criticism.