

RISE ABOVE: EMBRACING YOUR TRUE WORTH AMIDST CRITICISM



By learning how to handle criticism in a constructive way, we can turn a negative experience into a positive one.

Criticism doesn't have to be a bad thing to avoid because it brings up fear and rejection. That's because our primal brain is wired for survival, and rejection feels like a threat to our very existence. When we understand that our mind is just trying to protect us, we can develop a plan to deal with criticism in a way that helps us grow as a person. By tapping into our higher prefrontal cortex, we can stay calm and respond in a way that's authentic and true to ourselves.

Our feelings are in our hands - only our thoughts have the power to hurt us. The good news is, we have complete control over our thoughts. We don't have to let anyone else's opinions define us or make us feel inferior. With some effort and practice, we can eliminate emotional pain and suffering by managing our minds and thoughts. It's worth noting that there's more to us than meets the eye; there's a deeper part of us that can't be diminished by the external world. Even when our thoughts are running amok, we can find solace and stability in this intangible part of us.

When someone judges or criticizes us, it's not really about us - it's a reflection of their own beliefs and thoughts projected onto the world. To deal with it, we need to depersonalize it and see it from a neutral place. From here, we can even try to see it from their perspective and learn something about ourselves. If we can separate their criticism from who we are at our core, we can use it as an opportunity to learn and grow. We don't need to defend ourselves or give our power away - in fact, we become more powerful by embracing the situation and not letting it affect us.

So if you're tired of hiding and playing small, it's time to stop letting the fear of criticism control you. Instead of getting caught up in their story, we need to observe it with a curious and open-minded perspective. We can learn so much by understanding how someone else is processing their reality. This doesn't mean we have to agree with them or take on their emotions as our own. At the end of the day, their point of view doesn't define us.

[Listen to podcast episode 5 - How to deal with criticism constructively.](#)