

TRIGGER: Criticism

Occasion 1 Date: Last Wednesday

What happened:

My mentor told me that a page of my website didn't make sense
I asked him to review a new page and he sent back an email asking why I wanted to include
certain info because it didn't seem like it served a purpose

How I reacted:

I shut down for 2 hours

How I recovered:

I went to the gym to work out the stress and then felt better

Occasion 2 Date: Yesterday

What happened:

My girl/boyfriend asked me (nicely) to make more decisions instead of expecting them to make them all the time
we were talking about what to do for dinner and I was too tired to think about it and then they asked me to be more helpful with decision making

How I reacted:

I snapped at them and didn't talk to them for 15 minutes

How I recovered:

I don't remember how it was resolved, we just decided to order pizza

Occasion 3 Date: Last week

What happened:

An acquaintance recommended something to help my form and results in a workout at the gym

I was doing a workout and someone came over to tell me that they saw some flaws in what I was doing and offered some tips, even though I hadn't asked them

How I reacted:

I told them I didn't need their help but thanks anyway and I was bothered by it for the rest of the day

How I recovered:

I didn't resolve it, I haven't done that workout at the gym again since then and am still feeling unsettled about it

Reflections on how these instances made you feel, what it might look like from another perspective, or thoughts on how to handle this trigger moving forward:

How I felt:

#1 made me feel foolish

#2 made me feel under appreciated and selfish

#3 made me feel stupid

What they might have intended:

#1 me mentor may have wanted me to save my time working on something that wasn't going to serve me

#2 my significant other had a really hard day and just wanted some input and help

#3 my acquaintance thought my form for other parts of my workout was/were great and knew that I would excel more quickly if I made a couple of minor adjustments

I think that moving forward if I can be aware of my reaction to what I think is criticism and

remember that people in my life are probably trying to be nice and helpful, or just want to be

heard, it will help me not get my feelings hurt.