

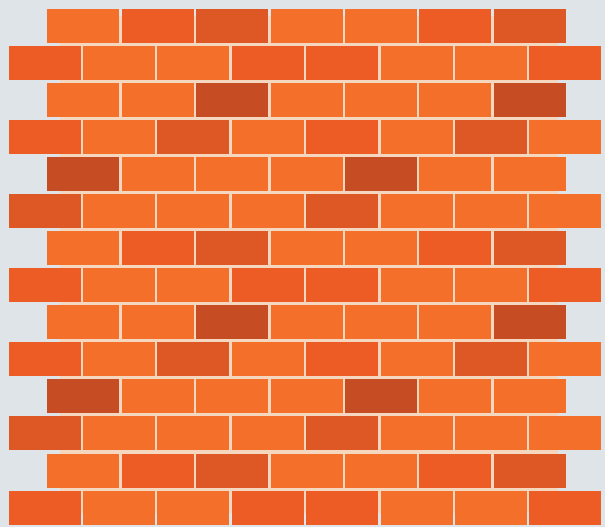


HOW TO DEAL WITH RECEIVING **NEGATIVE** FEEDBACK ?!

**BRAIN
TRAIN**

3 STRATEGIES

WALLS



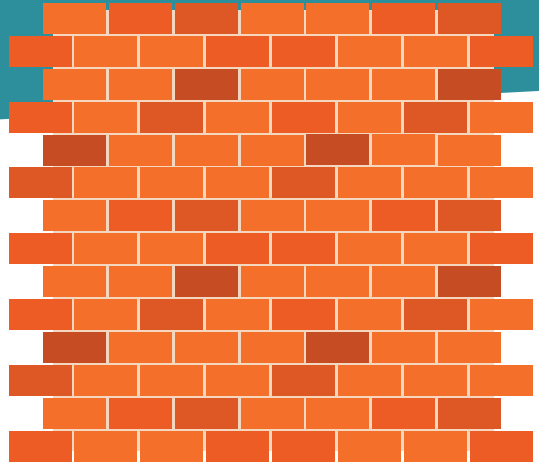
BOUNDARIES



NO

BOUNDARIES





WALLS



**you keep everything out
you close yourself off
from the feedback**

- both from the (un)justified content of the feedback
- and of the tone, the emotion of the sender

disadvantages



- you lose all connection with the other person
- you learn nothing from the elements that you could do with
- in short, nothing changes

disadvantages
(continued)



- The relationship with the sender is disrupted. The latter becomes even angrier/frustrated because you are outright not listening



NO BOUNDARIES



**all of the
feedback/criticism comes
in very strongly**

- both from the (un)justified content of the feedback
- as well as from the tone, the emotion of the sender

disadvantages

- you are completely overwhelmed by it
- you quickly end up in 1 of 3 possible reactions:
 - fight
 - flight
 - freeze



disadvantages
(continued)

- The relationship with the sender is disrupted. The latter becomes even angrier/frustrated
 - because you are defending yourself
 - because you 'run away'
 - because you do not react





BOUNDARIES



you decide very consciously what of the feedback you want to accept and what not

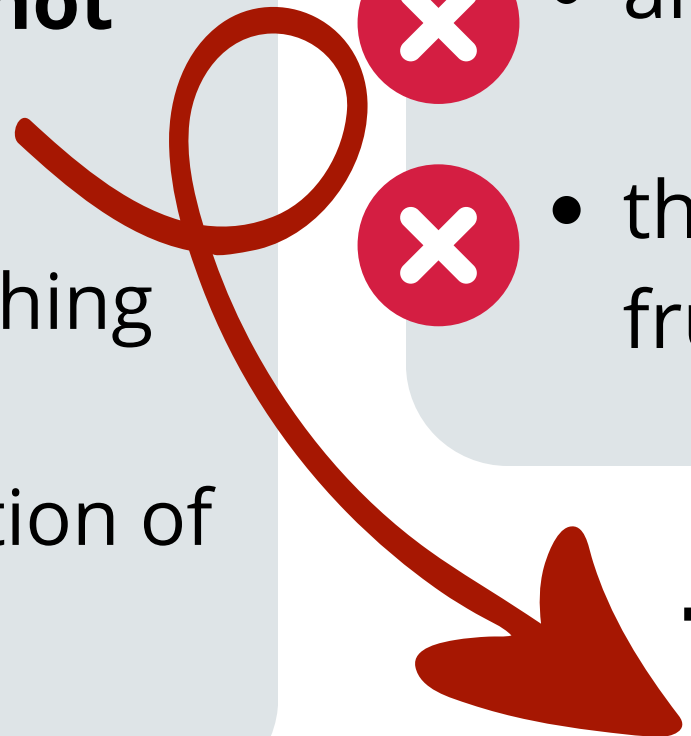
- ✓ justified content you can do something with
- ✓ the positive intention of the sender
- ✗ insults

- ✗ generalisations
- ✗ an emotional tone
- ✗ the sender's own frustration

advantages



- you maintain a good connection with the other person
- you grow !



that which allows you to become a better version of yourself

BRAIN TRAIN

The biggest room
in the world is the
room for
improvement

