



Living Life LOUD

Month 3, Week 3 Homework

Resistance is dealing with fear, anxiety, uncertainty, and even anger and depression at times, in order to do the work we were created to do.

NOTE: Giving you an easy week because of Christmas! :)

MY GOALS FOR DECEMBER:

1. _____
2. _____
3. _____

→ Let's talk about CRITICISM.

1. How much of a role does criticism/fear of criticism play in your life?

In other words, have you:

- Avoided doing something for fear you would be criticized?
- Cried as a result of something negative someone else said to you?
- Let someone else's negative feedback throw off your groove? (You spent way too much time thinking about it and then maybe even said, "Why am I STILL thinking about this?")
- Responded angrily and then said, "I shouldn't have said that..."

2. How do you typically react to criticism or negative feedback?

Common ways:

- Turn outward: ATTACK "Who do you think you are?"
- Turn inward: FEEL BAD/LESS THAN "Maybe they're right..."
- Turn away: TAKE IT OUT ON SOMEONE ELSE
- Other _____

3. Does criticism bother you more in some areas than others?

4. Give an example of a time when you felt you overreacted to what someone said. What do you wish you'd done differently?

5. What would you guess is at the root of your response to criticism?

6. What is your ideal response to criticism? How do you wish you would respond?
