

## Coping with criticism

What are you afraid of doing that you think others would criticize you for? Think of something that you are currently avoiding that you would like to be able to do but are afraid others may criticize you for doing *"If I speak up and sound nervous, people will think I am anxious and weird."*

What are you afraid that person would say or think about you? *"You look nervous, what is wrong with you?"*

What would be an assertive response? Assertive would mean standing up for yourself without putting the other person down. Think of a confident assertive person you know and how they might respond, or think of someone else in this situation, how would you advise them to respond? Example: *You are right, I am nervous, but that does not mean I am weird or that something is wrong with me."*

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