

Meditation Reflection (on the story in my head)

Use images, words, or symbols to represent either how you saw that person in that moment, how you experienced yourself, or a representation of the emotion you felt.

While receiving this critique,

I felt...

My sense of self was...

What I wanted more than anything was...

I thought the person delivering the critique was....

My feelings about the person were...

What I wanted to say was...

In the new story about the situation,

I was given a critique because...

The intention of the person delivering the critique was....

My feelings about the person are...

This story makes me feel...

If I could do it again, I would want to say...

I want more than anything...

The new story looks like this...in terms of how I saw that person in that moment, how I experienced myself, or the emotion I felt.

Personal Statements to Stay Present and to help avoid moving away/toward/against)

1. Remember to breathe.
2. Say something true about your feelings and about the connection/relationship.
 - “This is hard to hear, and I’m thankful you’re taking the time to tell me.”
3. Ask for time to process.
 - “I really appreciate what you’re saying, and I need to process it. Can we talk about it after I’ve had a chance to think about what you’ve said?”