



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Fear of Criticism

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We are all aware of one thing. **Criticism is hard to accept.**

Criticism may be easy to give. It's harder to receive. Let's face this truth. No one likes being criticized. There are some who can handle it well. Others cannot handle criticism at any level.

You are here because you are willing to bring about a change. **A change in your thinking.** A change in your thought pattern. The way we are trained to handle criticism is what matters. And, this meditation is aimed to train the way you react to criticism.

Why do some people criticize? Why do they even target you? The truth is, you might be overreacting to a situation as well thinking about probabilities that may not exist. The brain is trained to **dwell on this fear.** This fear of being criticized. It's our fear that clouds our thinking. And often, we lose the essence of the message being shared.

Your critic may have passed a judgement about your work. Your critic may have passed a remark about your sense of style. The reasons can be many. The situations can vary. So, what's the main thing here that you need to do?

The most important thing I'd like to bring to your attention is, **you have control over reaction.** As you are listening to this, you might think that it's an impossible task. The truth is, we all face criticism. What you fail to remember is the admiration you may have received as well. Our brain is triggered to remember our negative criticism as compared to the positive moments. What you need to do is focus on the conclusion of the message. Without a constant focus on the criticism. Or, the critic. You need to set the level of each critic. Understand which person matters and who doesn't.

It's a simple thing I'd like to remind you. Whatever you do, it is going to **attract a reaction.** You will be judged and you need to face the **situation without fear.** Instead of reacting to the situation by thinking your flaws are being highlighted, you can use this as feedback to help you be a **better version of yourself.**

The next time you receive criticism, you can decide whether you need to feel a sting. Or, welcome it with a neutral approach. 'You have a choice and it's about your ability to choose how to process that learning without impacting your emotional space. Many times, what you perceive as a personal attack may simply be a **feedback.** You certainly cannot change the way people communicate with you. What you can do is accept the criticisms that matter and **gently** reject those that are **out of context for you.**

With a strong focus on the road ahead, you'll soon learn to overcome the minor roadblocks along the way.

You are here to drive away this fear of criticism. You are here to listen to this session and **bring a change to your thinking patterns.** You are here because you want to grow in life. You are here because deep down, you know you are more than this fear. This **deeply relaxing** session is going to allow you to correct your reactions so that