



WHEN YOU ARE
CRITICIZED AND
BLAMED, FOLLOW
THESE 3 STEPS.



1.

“THANK YOU FOR SHARING AND FEELING COMFORTABLE ENOUGH TO BRING THAT TO ME.”

Emotions are information. Would you rather know or not know how someone is feeling? Nothing good comes from bottling it up.




"I DIDN'T KNOW YOU FELT THAT WAY."

2.

People sometimes assume that the other person knows what is going on at all times. That may not be the case. Adjust this wording to reflect the truth in your scenario.





“CAN I ASK WHERE THAT CAME FROM OR WHAT HAPPENED TO MAKE YOU FEEL THAT WAY?”

3.

Gain clarity. This is your time to gather as much information as possible to really understand what is going on in order to identify the root cause of the issue. What, why, and how questions are incredibly important here.



NOT SURE WHERE TO GO FROM THERE?

Email info@mindsetgo.com and we'll assist you in problem-solving the rest!

Copy and paste "Criticized and Blamed" into the subject line and provide some context about your scenario in the body of the email.

