



HOW TO DEAL WITH CRITICISM, MISTAKES IN PERFORMANCE AND SETBACKS

The following topics are presented in session 5 of the Grow in Flow course. Here are some formulas that are widely discussed in lesson 4.

6 ways to deal with criticism & feedback

1. Everyone has a right to their opinion.
2. You have a right to either accept or reject criticism.
3. Understand motivation and the message behind criticism.
4. Appreciate and acknowledge feedback.
5. Think about it and decide if you want to accept or reject criticism.
6. Respond to criticism.

How to deal with mistakes in performance

1. Understand that mistakes are inevitable and it's normal when they happen.
2. Disregard errors when they appear and go on as if nothing has happened.
3. Release tension from your body by taking a deep breath and stay positive.
4. Don't linger over mistakes.
5. Move on by focusing on the task at hand and making music.
6. Use positive self-talk.

Steps to dealing with setbacks

1. Build up your self-confidence by remembering your success.
 - 2 Explain away failure using optimistic explanatory style.
 - Catch automatic thoughts.
 - Dispute & evaluate your automatic thoughts.
 - Challenge your automatic thoughts.
 - Decatastrophize your automatic thoughts.
 3. Replace your inaccurate beliefs and change negative self-talk to realistic self-talk.
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