

# Playing Big

with Tara Mohr

## Six Ways to “Unhook” from Praise or Criticism

1. Feedback only gives you information *about the person giving the feedback* – their preferences, priorities and values. It doesn't tell you anything essential about you. Ask yourself, “What, if anything, does this tell me about the preferences or priorities of the people I'm trying to reach?”
2. Remember that all substantive work brings criticism – especially for women.
3. Ask yourself, “What would my unhooked-from-praise-and-criticism role model do?”
4. When criticism really stings, or when you strongly fear a certain type of criticism, look at how that criticism mirrors a belief you hold about yourself and work on updating that belief.
5. Ask yourself, “What's more important to me than praise or being liked here?”
6. List the facts about the situation in which you received positive or critical feedback. Then list your interpretation of those facts. Brainstorm ten more interpretations or possible reasons, including some that make you laugh!

For more, visit [taramohr.com](http://taramohr.com) or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).