

How to Respond Better When Challenged

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Dialogue

Title: How to Respond Better When We're Challenged

Quote from Alfred Wainwright:

| There's no such thing as bad weather, only unsuitable clothing.

We are unprepared when someone says something about us that affects our identity.

There's an element of nostalgia that we all gravitate towards that sometimes doesn't serve us well. Quote from a guide in the book:

| History is kind of about what you need to know . . . but nostalgia is what you want to hear.

Intellectually, we all want to hear feedback to get better, but we tend not to be so great.

Guilt and shame. Distinction?

| Dressing for the weather means that we are unsurprised when these emotions rain down on us. Shame and guilt can work to our advantage.

The goal is not to avoid them but to use them.

Example: Finding Your Roots

Race -- tendency to deny, distance, or dismantle.

We can do better by relying on self-system or what you call our "flex selves."

A simple intervention -- values affirmation.

Examples?

| Research shows that human beings do a poor job predicting how they will feel about a particular situation in the future.

How do we prevent overcorrecting?

What have you changed your mind on?

References