

FOR THE RECENTLY-STUNG.

YOUR EGO IS **NOT THE BOSS**

Your ego is protecting you from the growth the feedback is offering

THE STOIC PRINCIPLE

Hard feedback stings because the part of you that is protecting itself is exactly the part that needs to grow. The sting is a tell, not an attack. Your ego is doing its job. Your job is to overrule it.

THE STOIC SUPPORT

"If we experience any failures or setbacks, we do not forget them because they offend our self-esteem. Instead we reflect on them deeply, trying to figure out what went wrong and discern whether there are any patterns to our mistakes."

ROBERT GREENE | MASTERY

STOIC STEPS FOR RADICAL RESILIENCE

Five steps for turning a punch in the gut into actual fuel.

01 WAIT 24 HOURS BEFORE RESPONDING

The first reaction is ego in the driver's seat. The second one is you. Sleep on it. Re-read it. Eat breakfast. Then respond. Most regrets happen in the first 12 hours.

02 SEPARATE SIGNAL FROM DELIVERY

They might have said it badly. The point underneath might still be true. Two different problems. Solve them separately, in that order.

03 FIND THE TEN PERCENT THAT LANDS

Even bad feedback usually has ten percent truth. Find that ten percent. Discard the rest. (Especially the part where they said it in front of the team.)

04 ASK ONE CLARIFYING QUESTION

'Can you give me a specific example?' turns a vague gut-punch into something you can actually act on. Most people cannot answer it. That is information too.

05 WRITE THE LESSON, NOT THE GRIEVANCE

The grievance is for your friends. The lesson is for the next time. Decide what changes about your prep, then stop ruminating. (See guide #26 if rumination keeps winning.)

THE REFRAME

The sting tells you exactly which part of your work does not have armor yet. So go put armor there.