



Coping with Critical Feedback

Approval Stage

Join a Class

If you haven't already, sign up for my free ten days of creative play called the Soulbrush Sessions: www.soulbrushsessions.com. This activity is created for beginning artists who are trying to figure out why and how creativity is important to their lives.

Self-Care

Make a list of 10 ways you feel cared for, secure, safe, loved:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now place a star next to your two favorite ideas. The next time you share an artwork or ask for feedback, MAKE TIME for one of your starred items immediately after sharing. Create a positive reward system for yourself for taking the risk and sharing your art.

Communicate

Admit what you need when you share your art: if you know you need support or need people to tread lightly, TELL them! Seriously, what is the worst thing that can happen? When we tell people we are feeling vulnerable and need some encouragement, people are more likely to soften and worry less about how they sound and more about how what they say impacts your art.

Choose the art you share carefully

Selecting an artwork to share that you are super proud of and assuming no one will find fault because you feel such pride will only deflate the confidence you are developing. Select an artwork to share based on your desire to grow, learn and really get feedback that will help you be a better artist.

Please share www.ArtistStrong.com with like-minded creatives: our world is better for your creativity.



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Apprentice Stage

Be Patient

You can't possibly learn everything there is to know in one day! Have patience with yourself. Channel that eagerness into skill development tasks like contour drawings and observational drawing. Don't force or rush an artwork.

Be Mindful

Don't rush to get feedback from your peers. Sit with your artwork for a day without showing anyone. Look at it with fresh eyes the next day and ask yourself: what do YOU see?

Self-Care

Continue to cultivate routines of self-care, especially when you feel particularly vulnerable around a certain artwork. Refer to the Self-Care task in the Approval Stage to help guide your self-care efforts.

Autonomy Stage

Develop Empathy

Remember what it can feel like to share an artwork with others when you feel vulnerable and show compassion to fellow critiquers who are in these stages. Not everyone is always ready for formal analysis so don't assume your tips are helpful, read the emotional environment of your peer before you share support.

Seek Out Feedback Regularly

You can get caught up in the work and forget to bring your head out of the creative sands. Give yourself opportunities to share regularly with a group of like-minded artists so you can continue to challenge yourself.

Self-Care

Self-care never goes away. Every stage needs self-care. Artists in this stage can get so concerned with output, creation and idea development they don't check in with their emotional or physical state. Refer to the Self-Care activity for Approval Stage.

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