

STOP BEING SO DEFENSIVE TIPS REPORT

TOP TIPS

When you get bad news or criticism, do you ever feel like you are under attack? It's like you are left with no choice but to fight back? While standing up for yourself is important and in some cases you will need to "fight back," quite often, this feeling is just us being too defensive. Being too defensive means that you let emotions cloud your thinking, making it harder to get to the heart of an issue. If you want to stop being so defensive, follow these nine tips:

1. Recognize When You Are Defensive

The first step in battling your defensiveness is to recognize it. Most often, we respond to people with little thought and we don't even notice how defensive we sound. Figure out the triggers that make you defensive, as well as the signs when you become too defensive.

2. Be True to Your Values

This might seem like an odd tip but we are less likely to be defensive when we are aware of what matters most to us. If someone criticizes something about us but we know that we are working towards things that matter to us, it's far easier to let those comments just slide right off our backs.

3. Critics Often Believe In You

While it can be hard to listen to someone complain or criticize you, don't forget that it may be coming from a good place. If someone criticizes you, they likely expect more from you because they know how capable you usually are.

4. Don't React in the Moment

The simplest step you can take to avoid being too defensive is to avoid reacting in the moment. Even taking the time to take a couple of deep breaths can help you avoid saying something that you might live to regret later.

5. Manage Your Stress

Do you ever find that you are more likely to respond defensively when you are stressed out? This is usually the case. If you take steps to address stress in your life in general, you will find that you are naturally less defensive.

6. Work on Your Listening Skills

One of the leading causes of being too defensive is quite often just a simple misunderstanding. If you commit to becoming a better active listener, you will avoid a lot of defensive behavior by default.

7. Use "I" Statements

This might sound cliché to some but there is a good reason. When you use "I" statements (focusing on how you feel rather than what someone did), you will naturally come off as less defensive. It also keeps the person on the other side of the conversation from getting defensive.

8. Try Not to Interrupt

The single best way to limit your defensiveness is to stop interrupting people. This can be very hard. It's tough to sit there and listen to someone say something that you don't believe. However, if you let the other person finish, you will have a better idea of how to respond and give yourself some time to collect your thoughts and calm yourself down.

9. You Don't Have to Win

Not every conversation, argument, or discussion needs to have a winner. Once you let go of your innate competitiveness or need to get in the last word, you will find that you are naturally less defensive and more confident.

ACTIONABLE STEPS

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<p>What is Stressing You Out?</p> <p>Make a list of things that stress you out in general and figure out how you can address some of them.</p> <p>This will help you feel less defensive overall.</p>	<p>What Matters to You?</p> <p>Make a list of your true core values.</p> <p>This way, you will feel less defensive when people brings up issues that don't relate to them.</p>	<p>Get Help With Your Listening Skills.</p> <p>Research "active listening skills" and consume as much advice as you can.</p> <p>Proper listening will help you avoid misunderstandings that lead to defensiveness.</p>