



WHEN FRIENDS AND FAMILY ARE NOT SUPPORTIVE: SURVIVING DISCOURAGEMENT / DISPARAGEMENT THROUGH POSITIVE PERSISTENCE

For Eden Energy Medicine and other Complementary Care Students and Practitioners

1. Have you experienced negative feedback when you tell people what you do?
2. In certain situations, do you hesitate to share your mission with others?
3. Do search for your tribe, because your family and friends don't seem to be among them?
4. Do you feel that you are no longer on the same page with friends and family?
5. You love your work, but do the comments of friends and family leave you feeling deflated and frustrated?
6. Is there a meditation you do, in order to deal with those who undermine your spirit?
7. Are there energy techniques that you use to bolster you before facing people who are often negative about your choices and work?
8. Do you know ways to protect yourself emotionally or manage your emotional reactions to rejection?
9. Can you think of 3 things you can do to reinforce your confidence despite a lack of support from others?
10. To have the best chance of making a difference in a conversation, we must understand where others are "coming from". Do you know 10 reasons people react negatively to others' achievements?

Scoring Key: Give yourself 10 point for a "yes" for questions 1-5 and question 10.

Give yourself 10 points for a "no" answer to questions 6-9.

Interpretation of Scores:

0 – 10: You are doing well with others and their opinions of you and your work.

20 - 30: You have put some effort into this and moving toward positive resolutions.

40 – 50: It's a coin toss. Sometimes it goes smoothly and other times, it can be a mess.

60+: This is painful for you. It gets you down and you just can't help it.