

Handling Criticism

Criticism is an observation about you made by someone else. Someone may criticize you about something; however this does not mean that their criticism is true. Ask yourself, “Does that person have the right to criticize me?”

Sometimes those who criticize are insecure and want to feel better about themselves. However, criticism is not always mean in nature. Criticism is sometimes meant to offer constructive ideas that may help you.

Ask yourself, “who are they?” and “how important are they to me?” The closer the person is to you, the more important their opinion will be.

Not all criticisms you receive are going to have the same effect on you. For example, a criticism about your parenting skills may hurt more than a criticism about how your hair looks. It is important to remember that everyone has flaws. People will always have differences and disagreements.

Look at the details around the criticism and ask yourself:

- What is the criticism about? Is it meant to hurt me or help me?
- Is there any truth to it?
- Can I learn from the comments?

Try not to let criticism upset you. Remember, if you make a mistake or fail at something, you are not a failure. These are opportunities for you to learn. You can still succeed.

Things you can do:

- Avoid labelling yourself in negative ways such as, “I am stupid”.
- Don’t compare yourself to other people.
- Know that it is OK to make mistakes.
- Don’t spend time thinking about past mistakes. Move on.

Make a list of your positive qualities or achievements below. Read this list when you feel down or you feel others disapprove of you to remind yourself of your positive qualities.

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