

How to handle criticism

Constructive

1. Adopt a growth mindset

Feedback and advice from others are essential for growth. Take them as an opportunity to learn

2. Progress, not perfection

Let go of being perfect and focus on becoming your best self. Constructive criticism can help you achieve this

3. Detach yourself from the criticism

Don't make assumptions about what is being said to you. If you make a mistake you can always learn from it!

4. Detach the critic from the criticism

Think about the criticism you were given and rewrite it in your own words to overcome any biases about who gave it to you

5. Implement it

Recall instances where constructive criticism helped you, and you will be more open to receiving and implementing it.

De-constructive

1. Is it destructive?

Evaluate whether the core remarks made are valuable

2. Don't argue back

Instead, give yourself time to reflect on the criticism. Ignore anything that is useless and move forward with a calm mind.

3. Keep intentions in mind

Some people say exactly what they things to help you progress. Their honesty is helpful.

4. Ask questions

Starting a dialogue around the criticism you were given can help you., Discuss what you are unclear on and figure out how you can improve

5. Never take it personally

Remember that the way someone else communicates isn't a reflection of you and your abilities.



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