



How to handle criticism

No one likes to be criticized. It's not an enjoyable experience to have your work, speech, or actions critiqued by those around you. However, handled well, criticism can be helpful. If you learn to listen and discern when a critique is valid, you can leverage the discomfort as a tool for growth.

STEPS TO HANDLE CRITICISM



LISTEN

Resist the urge to shut down and shield yourself from the uncomfortable feeling of being criticized. Pause and listen to what is being shared.

DON'T MAKE IT PERSONAL

While sometimes you may experience a personal attack disguised as critique, try to separate yourself from the criticism. You're not a bad person for having room to improve.

ASK FOR CLARIFICATION

Not everyone is skilled at giving constructive criticism. You, as the receiver, may need to ask questions to determine how to improve.

TAKE TIME TO REFLECT

Criticism that stings in the moment may be easier to learn from after your initial emotions fade. Take time to digest criticism to see how you can improve.

FOLLOW-UP

Make a follow-up plan to ensure you've made the necessary changes. This demonstrates your commitment to personal growth.

IF NECESSARY, LET IT GO

Criticism shouldn't hang over your head. Learn what you can and then move on. This is especially important in the face of criticism that is not helpful.