

I HANDLE CRITICISM WITH EASE.

While many are sensitive to criticism, I choose to view it as free advice. ***I review any criticism I receive to determine if it is valid.*** If the comment is true, I make beneficial corrections. Otherwise, I ignore it.

I frequently find that criticism helps me, if I am willing to fully consider it, so when I get useful feedback, I am grateful.

When I get inaccurate feedback, I am calm and at peace. Why would I allow myself to get upset about something untrue?

My capacity to accept criticism graciously improves each day. ***I view constructive criticism as a sincere attempt to support me.*** I am thankful when someone takes the time to share their opinion.

Criticism provides me with an opportunity to control my thoughts and ego. I keep my thoughts positive and focus on getting the maximum amount of value from it.

When I provide constructive criticism to others, my intention is always to be helpful and provide worthwhile advice. My words are gentle and considerate of their feelings.

Today, I accept criticism with a smile. I use it to the best of my ability to make positive changes to my life.

SELF-REFLECTION QUESTIONS:

1. Have I ever ignored criticism that I should have listened to?
2. Do I criticize others in an appropriate manner?
3. How can I learn to be less sensitive to criticism?