



ACCEPTING CRITICISM

PCE GROUP 10

Shreyas Sawant(55)

Meera Sawantdesai(56)

Manasi Shah (57)

Mohit Shahdadpuri(58)

Sakshi Shahdadpuri(59)

Aayush Shribatho(60)



- Criticism is expressing the disagreement for something or someone that is generally based on perceived faults, beliefs, and mistakes.
- So, the main point here is whether to consider criticism as good or bad. Also, if we go by the meaning of the word criticism then criticizing someone is bad.
- Also, simultaneously this might lead to improving the person who is being criticized. So, he/she is becoming a better person and does not repeat the mistakes is considered as providing criticism to be good.
- Thus, this depends entirely on the perceived value that is hidden behind the criticism and one should make any assumptions.

A Good Part of the Criticism

- **Scope for Improvement**

Constructive criticism will lead to locating the fault or mistakes that are made by the people so the people can work upon it and thereby improve the activities ,so a heedful and better life can be lived



Negative part of criticism

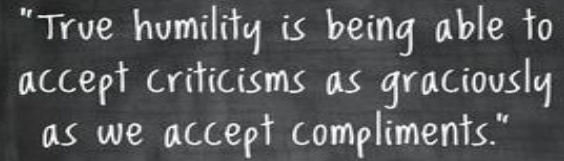
- **Leads to feeling of demotivation**

A person that is being constantly criticized may feel at times demotivated. So, this is because of the facts that his/her efforts have not been justifiably and rightfully appreciated.

- **Fear of creating destructive and false image**

There are many times that it can occur that the person that criticize are seen as the villain of the society . Thus, his/her image gets automatically shattered as well as abruptly change.

Ways to accept criticism :

A chalkboard with a quote by Sabrina Newby. The text is written in white chalk on a dark background.

"True humility is being able to accept criticisms as graciously as we accept compliments."

-Sabrina Newby


- **Step back from your first reaction & figure out why you're defensive**

You never learn and grow if you give in your first instinct to get angry or justify your actions. Take a deep breath and wait it out.

- **Stop viewing mistakes as failures**

Your mistakes aren't failures. Just because there are areas that need improvement, that doesn't mean you aren't successful or that you are bad at job. Viewing mistakes is another reason you might act defensively in response to criticism.

- **Realize that you can't improve without critique**

Everyone makes mistake in life and without positive criticism we would continue doing the same mistake. You aren't weak or a failure for accepting criticism. Accepting criticism makes you realize where you are going wrong and in turn improve it. At one point of time you won't be having any ideas and you will stagnate. During this time you can ask for opinions and advice from your mentors or colleagues. 

- **Consider the source**



You always have to consider the source. Not all criticism is constructive. A person with whom you don't get along can still offer helpful advice. However, some people may offer you advice that is meant to harm you rather than help you. Don't accept a lecture from someone who finds fault with everything you do or does a poor job on their own.

- **Learn the difference between constructive and destructive criticism**

You're under no obligation to blindly accept all criticism. Just as you consider who's offering the critique, you also need to think about where the criticism comes from, particularly if it's coming from a positive or negative place. It's a sad but true fact that people sometimes bring down others, especially in a work environment.

- **Listen to what's said**

Instead of being defensive, be mindful and listen to what your coworker or supervisor says. Don't let your emotions get in the way of the message. In dealing with criticism, once you open up to it, you frequently discover easier or more efficient ways to perform your tasks at work. Moreover, the advice you receive from your boss or leader can reveal your strengths and weaknesses as an employee, but you won't learn those lessons if you refuse to let yourself hear them.

- **Deconstruct your feedback with questions**

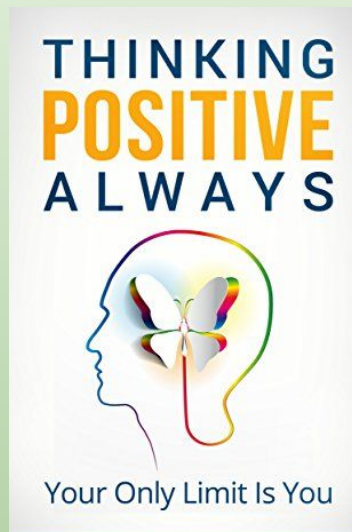
Ask for specific examples regarding your mistakes and performance to the people criticising you. Go a step further and ask for advice about how to correctly perform the task. Being truthful and taking a proactive approach helps accepting criticism.

- **Look for help**

Needing help does not make you a failure, nor does it make you weak. One must talk to colleagues or experts who excel in the areas that give you problems.

- **Stop taking it personally**

Unless it's destructive criticism coming from a negative person or place, critique isn't personal. You're not being singled out for no reason. Criticism just means there are a few things you need to improve.



Always choose positivity and happiness

- You always approach things in a positive and optimistic way
- You never criticize or condemn team members or users
- You never complain
- You let the other person save face, even if they are clearly wrong
- You are deliberate about giving genuine appreciation



THANKYOU!