



# 15 Reasons to Embrace Criticism

**C**riticism can be a good or bad thing, depending on the criticism and your ability to receive it. Criticism can be an uncomfortable pill to swallow, but there are many benefits to criticism, too. Criticism can be valuable, if you're willing to grow from it.

Consider these ideas to use criticism to your personal and professional advantage:

## **1. Criticism can serve as a cue to be focused and mindful.**

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What is the normal reaction to criticism? You immediately lose focus. You start processing the negative comment and your brain is off to the races. This is a perfect opportunity to stay grounded and refocus your attention.

## **2. Criticism makes you strong.**

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You have to be tough to stand up to regular criticism.

## **3. Criticism makes you gentle toward others.**

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You learn that criticism stings and become more aware of the feelings of others. You might become a kinder and gentler person from criticism.

## **4. You learn that no universal standards exist.**

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Much of the criticism you receive is nothing but personal opinion or preference.

## **5. Feedback can be helpful.**

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You have the opportunity to learn something that you hadn't considered about your idea, product, or service.

## **6. It makes you better at providing constructive criticism.**

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You've received criticism you appreciated. You've also received criticism you didn't appreciate. You've learned something about delivering criticism.

## **7. You become better at receiving criticism.**

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Practice makes perfect. You're developing skills at receiving criticism. It gets a little easier each time.

## **8. You learn something about the person giving the criticism.**

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You learn a lot about someone by the way they choose to present criticism. What does that reveal about their personality?

## **9. You learn something about yourself.**

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Why do some criticisms hurt more than others? By answering that question, you have more insight into yourself. Everyone has a unique emotional response to criticism.

## **10. Criticism provides an opportunity to handle discomfort gracefully.**

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Your ability to navigate uncomfortable situations is one determiner of your ability to be successful.

## **11. Your problem-solving skills get a workout.**

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Criticism often creates a challenge or disagreement. You might think you have a great idea, but your friend, spouse, or coworker does not. How will you reach a compromise?

## **12. You learn humility.**

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Maybe you've been a little too full of yourself lately. A little criticism can bring you back to reality.

## **13. You must be doing something important.**

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When you take risks, you open yourself up to criticism. There's the chance something great will happen if you're taking a risk.

## **14. You might be excelling in your field.**

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Those at the top take a lot of heat. Those that are struggling are often ignored. You might be doing well if you're receiving criticism.

## **15. People are paying attention to you.**

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You must be on someone's mind for them to criticize you in the first place. You probably never realized how important you are!

If you're on the receiving end of criticism, look for the advantages. All criticism can be valuable, even if you only learn self-control!

Criticism is never enjoyable, but you can choose to make the best of the situation. It can give a real boost to whatever you're trying to accomplish.