

Handling Criticism Constructively Worksheets

1. Reflecting on Past Experiences with Criticism

Describe a recent situation where you received criticism. Note your initial emotional response and how you handled the situation.

- Situation:

- Initial Emotional Response:

- How You Handled It:

2. Identifying Emotional Triggers

Identify specific aspects of criticism that trigger a strong emotional response in you (e.g., tone of voice, public vs. private feedback).

3. Analyzing the Criticism

Break down the criticism you received into factual content and the critic's possible intent. Separate useful feedback from harmful delivery if applicable.

- Factual Content:

- Possible Intent:

4. Developing Constructive Responses

Craft responses to criticism that acknowledge the feedback, express your feelings appropriately, and ask for clarification or examples if needed.

- Response to Factual Content:

- Expression of Feelings:

- Request for Clarification:

5. Learning from Criticism

Identify what lessons or growth opportunities can be taken from the criticism, regardless of how it was delivered.

6. Managing Emotional Responses

List strategies you can use to manage your emotional response before reacting to criticism.
