



Accepting Criticism

Everyone makes mistakes. It's a part of being human. When others point out our mistakes to us, it is called criticism. Some criticism is warranted and unavoidable, such as that received from a teacher in school or from a supervisor at work. Other times, criticism comes from friends, family, or even total strangers. Regardless of where it comes from, it is important to learn to see mistakes as learning opportunities, and to not let criticism provoke us into anger. Use this worksheet to think through some criticism you have received lately.

1. What was the criticism?

2. Who offered the criticism?

3. Do you feel this criticism was warranted?

4. In what way was this situation a learning opportunity?

5. What will you do differently next time?
