

# RECONSTRUCT YOUR CRITICISM

INDICATORS OF HEIGHTENED EMOTION: Strong words, decisive or imperative verbs, superlatives, insults, overblown praise, long-windedness, errors, generalisations, a defensive tone.

RATE YOUR EMOTIONAL REACTION:

1	2	3	4	5	6	7	8	9	10
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RATE THE CRITIC'S EMOTIONAL STATE:

1	2	3	4	5	6	7	8	9	10
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*If either scale registers above a 5, think carefully before you engage with the critic or their criticism.*

WHAT ASPECTS OF YOUR WORK ARE CRITICISED?

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WHAT ARE THE SPECIFIC CRITICISMS?

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IF YOU INVERT THE CRITICISMS, DO THEY FEEL MORE CORRECT?

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WHY ARE YOU RESISTANT TO THIS CRITICISM?

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DO YOU CONSIDER THE CRITICISM POSITIVE OR NEGATIVE AND WHY?

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CAN YOU FIND EVIDENCE BOTH FOR AND AGAINST THE CRITIC'S OPINIONS?

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WHAT WOULD YOU NEED TO DO IF YOU TOOK THIS CRITICISM ON BOARD?

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WOULD YOU BE REPAID FOR THE TIME YOU SPENT, IF YOU ACTED ON THIS CRITICISM?

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IF YOU'RE STILL UNSURE...

1. RETURN TO THIS CRITICISM AFTER A WEEK OR TWO
2. CONSULT A FRIEND FOR A SECOND OPINION
3. ASK THE CRITIC FOR CLARIFICATION OR DETAILS