

Examples of receiving criticism

Activity 3: (the checklists are on p 42.)

1 – Produce an example of an invalid criticism someone has said to you (can be a real example or fictitious)

2 - Produce an example of valid criticism (you could use your areas for development as a starting point.)

Whilst considering the following checklist:

1. Is the time and place suitable?
2. Are they being positive?
3. Are they describing BEHAVIOUR? Or are they labelling you?
4. Are they expressing feelings, not blaming?
5. Are they asking for specific changes?
6. Are they specifying the consequences?
7. Are they clear about what is to happen next?
8. Are they treating you as an equal?

For example, 1 If the criticism is Invalid/Untrue answer it using the below criteria.

1. deny it or question it
2. find out what the REAL issue is
3. if this is a real issue treat as valid criticism

e.g.:

- That's not true, on the contrary I...
- That's not true generally, but I might have been so just then
- Please give me an example: What did I do/say? How did that affect you? How did you feel? How would you have liked me to do it differently?

For example, 2 If the criticism is valid/true answer it using the below criteria,

1. accept it
2. say what you will do about it
3. welcome the feedback
4. ask for recognition of positive points,

e.g.:

- Yes I did
- I will now (change, stay the same or think about it)
- Thank you for telling me
- Have you noticed

WORKING EXAMPLES:

Invalid criticism example:

Husband says to wife during an argument "you are so cold-hearted and emotionless!" (In front of their young child)

*inappropriate place/time *negative* *labelling* *no specific requests for change or consequences* *blaming undermines the position of equals*

Reply to invalid criticism:

No, I'm not, I'm a very loving and caring person, shown in the many ways that I take care of and love you daily. But I might behave detached or unemotional sometimes, especially when we're in a state of conflict or I'm so tired from my never ending to do list. How would you like me to show in future that I care and do have feelings?

Valid Criticism example

Husband says to wife when they're both relaxed and alone at home, "Honey, I really appreciate all that you do for us all on a daily basis, you're thoughtful and work hard to ensure the house is running smoothly and that we have what we need. I often feel unloved though because you're busy with other priorities. I feel disconnected from you and how you're feeling about me. I would like you to show more emotion around me, tell me how you feel, and be more affectionate, with more physical gestures such as cuddles or hand holding. If you don't I'm afraid our relationship won't be as strong as it could otherwise be. What do you think?"

Reply to Valid Criticism:

Yes you're right, I haven't been giving you or our relationship the attention it deserves, I'm tired from the baby waking up all through the night and a long list of chores. I will be more conscious of showing you my emotions and affection going forward. Thank you for telling me, I'm happy we can be open and honest with each other. Have you noticed I've been making your favourite dinner every Wednesday?