



Criticism is an observation made by someone else about you. Someone may criticize you about something; however, this does not mean that his or her criticism is true. Ask yourself, *“Does that person have the right to criticize me?”*

Sometimes those who criticize are insecure and want to feel better about themselves. Who are they? How important are they to you? The closer they are to you the more important their opinion will be.

Criticisms are not of equal value. A criticism about your parenting skills would be more important than a criticism about how your hair looks. It is important to remember that everyone has flaws. People will always have differences and disagreements.

Examine the details around the criticism

- What is the criticism about?
- Is there any truth to it?
- Can you learn from the comments?

Do not allow criticism to upset you. Remember, a person who makes a mistake or fails at something is **not a failure**. You can still succeed.

Things you can do:

- Avoid labeling yourself in negative ways such as, *“I am stupid”*.
- Stop comparing yourself to other people.
- Do not spend your time going over and over your mistakes.
- Give yourself permission to make mistakes.

Make a list of your positive qualities or achievements

**Read this list when you feel others disapprove of you or you are feeling down.
Remind yourself of your positive qualities.**

Adapted from: How to Handle Criticism and Fear of Disapproval (H.A. Westra & R.A. Young, 1998) *by:* Susan Charlton RN, BScN & Elizabeth Emberly RN, BScN (CDMHP, 2003)

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