

## 3 ways to behave wisely in criticism

One of the most difficult problems in growing up is learning to live with criticism. So TipsMake.com will share 3 ways to behave extremely simple below to help you know how to respond to criticism in the most reasonable way.

The truth is that there are no perfect people in the world, that's why there are always some people who find mistakes, mistakes to criticize what you do. To be fair, nobody likes to hear criticism. But unfortunately, you will never be able to avoid criticism. However, if you respond well to criticism, you will get a lot of things you don't expect, including extremely valuable lessons.

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### Say "Thank you"



When we hear someone say something bad about ourselves, the first thing we need to do is to **control negative emotions** and tell ourselves that **everyone has the right to make their own personal opinions** . If someone makes a bad comment about you, that means they want you to be better than they say. Because making bad comments is not easy, but because they love us, always want us to be better. Instead of feeling angry, you should value such friends / relatives more than anyone who always sees nothing happening before our good and bad actions.

Try to see everything from other people's point of view and imagine what that critique will help you with? When someone is trying to show you things that are not right, they expect a positive response, not silence or pity. So, the first reaction to criticism is to be silent, listen to the whole thing; then say " *thank you* " or express your attitude. During listening you can analyze that comment right or wrong; then calmly discuss the problem with the opponent. If what they say is true, you should accept the error. If you make a mistake or misunderstand something, you should explain it clearly. Expressing a positive attitude makes them feel more respected.

## "But."



However, not all criticisms are true or constructive. Therefore, it is important that you have your own voice. This means focusing on objective information, not trying to prove yourself or finding a reason to justify yourself. By nature, people always believe in what they want to believe and sometimes there is no prejudice. In such cases, let down your anger in order to be alert to your own opinions, not to criticize in a negative way. In this way, those who are talking to us will understand what we are trying to do.

The problem is that everyone has been mentally prepared to accept everything if the situation is explained with respect. This behavior can help others observe the situation in a new direction and give personal opinions. When using a few " *but* " words, *it* will help you avoid depending on the phrase " *whatever* ". Accept the fact that others have the right to criticize but you have no obligation to agree to everything they say.

## "Please ."

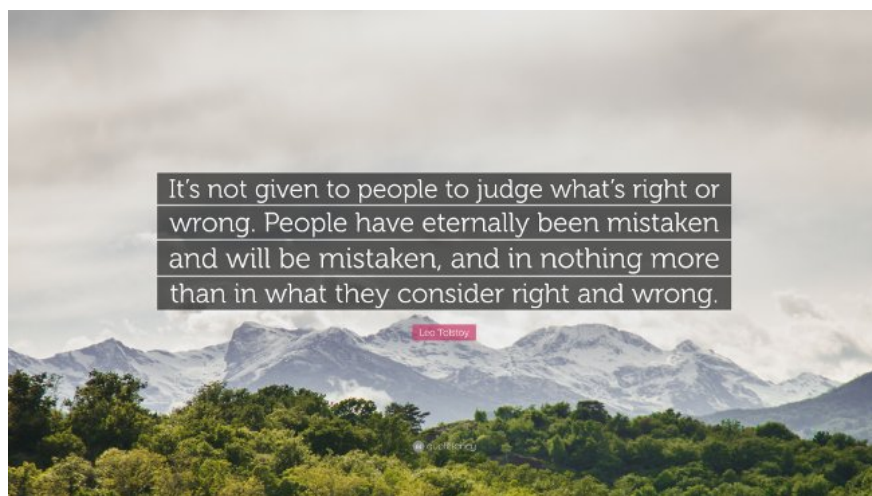


When listening to criticism and expressing your own arguments, it is important to try to see things as objectively as possible and to offer a solution or what to do next. This proves that you are not the only person who cares about your emotions but always appreciates the concern of the people around you, gives specific and constructive ideas. Like that, everyone "dares" to show you the wrong things when you do wrong later.

Remember: when faced with positive criticism, you should not feel uncomfortable and negative reactions but should refine what you can learn; More importantly, do not repeat the mistake again. Also, if you receive criticism with a proper attitude; The relationship between you and the enemy becomes more tight.

If you want to move forward, make regular connections with people who make constructive criticisms and respect the truth!

## Right to make mistakes



Obviously, listening to someone criticizing is not easy at all and it is even difficult to ensure that it will bring positive results for yourself, not to mention much when it comes to it. extremely useless. Even some people have a " *big* " me that is very emotional and often think that criticism can break the relationship and any negative comment is a serious insult. . On the contrary, the more mature people want to listen to different opinions about themselves and what they do.

Because they realize that everyone can be wrong and they will not spend much effort on hiding the ignorance. Moreover, if they make a mistake, someone will come and show them to fix it. The less you are afraid of mistakes, the less stress you will have and the more opportunities you will have to achieve. If we are happy to receive criticism, we will expand the scope of useful information and be ready to receive what can happen in life. In the end this means we can move forward and develop ourselves.

**Mistakes are not afraid, the most fearful is that no one is pointing you wrong!**

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