

7. Criticism is good

Criticism sometimes hits you hard and unexpectedly. It can make you angry or frightened. More composure would be great. How to keep your head up and your pulse down we want to describe in the follow.

Tip 1: Take every criticism seriously!

In most cases, the first spontaneous reaction to a critical remark about yourself or your work is to become defensive. However, you should absolutely refrain from defending yourself and arguing with your critic.

Always take the criticism seriously and initially always assume that your counterpart is right. It does not matter who makes the criticism or what the criticism refers to. You should take every criticism seriously and think about whether it is justified and how you can implement the criticism.

Tip 2: Question the criticism!

But you should not simply accept criticism. It is better to question the criticism. Ask the critic to specify his criticism. What exactly bothers him? What specific examples does he use to illustrate his criticism? What can you do better in the future? If he answers these questions, you will know exactly what his criticism is based on and how you can implement it concretely.

Afterwards, you should take the time to reflect on what has been said. Ask yourself whether your critic is right. In answering this question, be honest with yourself and admit your mistakes. This is not a sign of weakness; on the contrary, it shows that you can accept and implement constructive criticism.

Tip 3: Never take criticism personally!

Of course, it is never pleasant to be criticised by others and to have your own faults presented. However, even if it is difficult, you should try not to take criticism personally. In the job, criticism is usually not directed at you personally, but rather work processes or communication problems or unclear tasks and responsibilities.

Tip 4: See criticism as an opportunity!

To be able to deal with criticism better, you should also see criticism more as an opportunity and not as an attack. Look at it this way: Without critical comments from other people, you would not know what you could do better. Constructive criticism is therefore very important in order to develop and improve. Therefore, regularly ask for feedback on the job - from colleagues and your boss. This exchange is particularly valuable because it lets you know exactly where you stand and what you can do better.

Tip 5: Be self-critical!

If you are critical of yourself and your work, you will also be able to handle criticism from other people much better. Reflect regularly on your behaviour and your performance on the job. Be critical and change the things you are not satisfied with.