

# CRITICISM

*Why It Hurts and  
What to Do About It*

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*“If you take everything personally and to heart, it will tear you apart. Take criticism, learn, adjust, and move on.”*

**- JOHNNY IUZZINI**

# INTRODUCTION

**W**e've all been there. You've made some plans to do something big. At least, it's big to you. Maybe you have some big ideas on starting a business or to create the physique of your dreams. Or maybe you want to learn the piano or write a novel. Whatever it is, you're excited and feel some confidence you can do it, provided you stick with it.

It's exciting to visualize a goal, to see yourself achieving success at something that's meaningful and fulfilling to you.

But, after the initial excitement clears, a little doubt and discomfort begin to drift in. You start looking for, and noticing, the numerous obstacles that are likely to block your path. Rejection and criticism become a concern.

Rejection and criticism can't truly harm you. They can't cause you physical harm or throw you into a dungeon.

**However, anticipating the emotional pain that rejection and criticism can bring can be enough to cause you to abandon your**

**original plans.** Returning to your day-to-day life can seem like the more prudent choice.

But, a little bit of you dies each time you turn back from the big adventure you planned for yourself.

Discover how to face rejection and criticism and free yourself from their influence. Understand that rejection and criticism are very closely related. Rejection of your ideas, work, or requests is just a harsh form of criticism.

**Consider these topics as a way to learn more about yourself and your options for dealing with criticism:**

1. **Chapter 1: Why Criticism and Rejection Bother Us So Much.** What is it about rejection that creates so much emotional grief? We know that we shouldn't allow the words of someone else to affect us. Find out why they do.
2. **Chapter 2: Resilience.** Resilience can benefit you in every part of your life. Resilient people are happier and more successful. **You can be resilient too,** even if you think you're lacking in this

important trait.

3. **Chapter 3: How Good Are Your Critical Thinking Skills?** Critical thinking is another important skill and helps to separate relevant criticism from worthless criticism. Put your intellect in charge and leave your emotions at the door. Learn how to think instead of emotionally react.
4. **Chapter 4: Dealing With Different Types of Critics.** There's more than one type of critic. Only one of them is worth your time and attention. You're better off ignoring the advice that comes from the others. Learn how to recognize and deal with each type.
5. **Chapter 5: A General Process for Dealing With Criticism and Critics.** Tie it all together and put the information into a usable plan. **You'll never have to allow the fear criticism to hold you back again.**



A large crowd of people, mostly young men, are standing in a field. They are all wearing bright yellow t-shirts. The crowd is dense and fills the entire frame. The lighting is bright, suggesting an outdoor setting during the day. The people have various expressions, some looking forward, some looking down, and some looking to the side. The overall atmosphere is one of a large gathering or event.

*“I much prefer the sharpest criticism  
of a single intelligent man to the  
thoughtless approval of the masses.”*

**- JOHANNES KEPLER**