

Moments of Inspiration

Constructive Criticism

by Iona Simmonds

The sound of these words makes just about everyone flinch, but why? Receiving this type of criticism is challenging because it pokes holes in our ego. Samuel Goldwyn says, "I'm willing to admit that I may not always be right, but I am never wrong." Does this quote summarize your thinking? While some of us may not describe ourselves as flawless, the projected aura is in alignment with Samuel quote. The Word of God gives insight on correcting a mocker, a wicked man, a wise man and a righteous man. There are two types of responses as correction is given to these men. The mocker and the wicked men reject correction which leads to the giver being insulted and abused. On the other hand, the wise and righteous men receive correction and as a result the wise gets wiser and the righteous increase in

Ask questions to deconstruct the feedback and share your perspective. Get more clarity by asking for specific examples, acknowledging the non-disputable part of the feedback, and asking for concrete solutions. knowledge.

Giving or receiving criticism can be difficult. Be mindful of emotions. As the giver, focus on observable actions or behaviors rather than identity, personality, or motivation. According to the Word of God, know who you are dealing with as you give your feedback. Not everyone will receive it

Proverbs 9:7–9

Whoever corrects a mocker invites insult; whoever rebukes a wicked man incurs abuse. Do not rebuke a mocker or he will hate you; rebuke a wise man and he will love you. Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning.

graciously. However, those who receive it stand to benefit from the feedback given, unlike those who reject it.

Reflection:

How to receive criticism with tact and grace by Maureen Obatomi:

1. Stop your first reaction. Stay calm and try not to react at all. Maintain a calm demeanor.
2. Remember the benefits of getting feedback and try to understand the motivation and perception of your criticizer.
3. Be a good listener. Listen closely and focus on understanding the other person's comments and perspective.
4. Say thank you. You don't have to agree with the feedback, but expressing gratitude demonstrates that you recognize the efforts of your colleagues who are working towards your improvement.