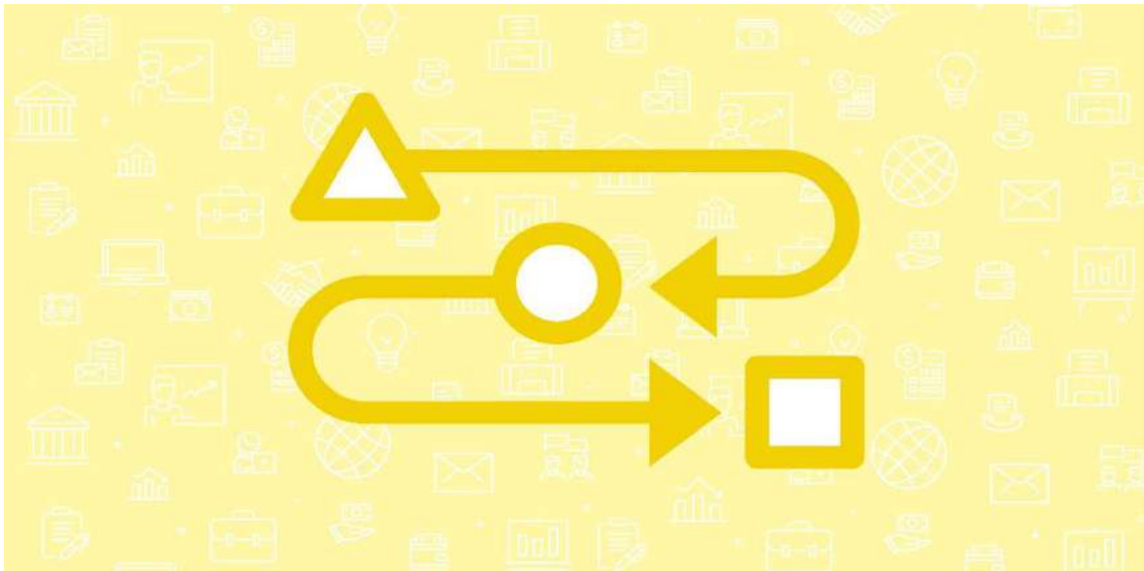


# "Tough To Criticize"

Checklist To Stop Being Sensitive To Criticism



- **Rule No. 1:** Can you grasp the underlying goodness of the criticism?
- **Rule No. 2:** Do you find they are attacking you rather than the issue?
- **Rule No. 3:** Is it time to warn them to stop and move, or say you would?
- **Rule No. 4:** Are you being bullied? Are you being the bully in return?
- **Rule No. 5:** Are you responding to the criticism with your thinking brain?
- **Rule No. 6:** Is the criticism bothering you too much long afterwards?
- **Rule No. 7:** Have you stopped taking the criticism as a personal affront?
- **Bonus Rule:** Have you set clear boundaries between the critic and you?

*John C. Maxwell's four-step process when people criticize him as a leader: 1. Know yourself. 2. Change yourself. 3. Accept yourself. 4. Forget yourself.*

Here's the link to the article: [How To Stop Being Sensitive To Criticism.](#)