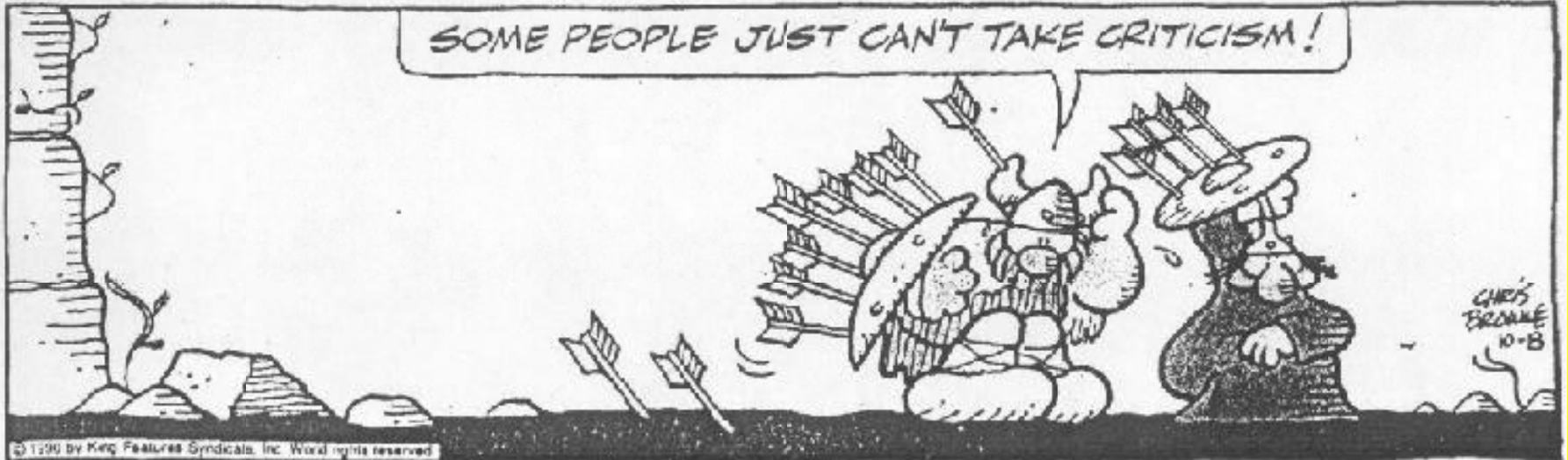


# Some People Just Can't Take Criticism!

HAGAR THE HORRIBLE

SOME PEOPLE JUST CAN'T TAKE CRITICISM!



# How To Give and Receive Criticism

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## THESIS:

1. *Biblical Instructions*
2. How to *give constructive criticism*
3. How to *receive constructive criticism*

# Matthew 7:2-5

**“And why do you look at the speck in your brother’s eye, but do not notice the log that is in your own eye?**

**Or how can you say to your brother (son) “Let me take the speck out of your eye, and behold the log is in your own eye?**

**You hypocrite, first take the log out of your own eye, and then you will see clearly enough to take the speck out of your brother’s (wife’s) eye.”**

# Introduction

- First **look to self**, rather than to change the other person.
- The whole answer is not to **deal with oneself alone**.
  - Proverbs 27:6 “Faithful are the wounds of a friend.”
  - Romans 15:14 “Admonish one another.”
  - *Silence may be golden but sometimes it is just plain yellow.*

# Biblical Instruction

- **Proverbs 12:1** “He that hates reproof is stupid!”
- **Proverbs 12:15** “He that hearkeneth unto counsel is wise.”
- **Proverbs 23:12** “Don’t refuse criticism.”
- **Proverbs 13:18** “If you refuse criticism you will end in *disgrace*.”
- **Proverbs 25:12** “He wears a badge of honor who *accepts* reproof.”
- **Ephesians 4:15** “Speak the *truth in love*.”

# **All of Us Are Imperfect - Need Help! True of Every Relationship.**

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**We all need help from others who  
periodically shed light on our blind  
spots (Proverbs 16:2)**

# What's the Problem?

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- **Problem is not criticism -- but *destructive* criticism.**
- **Must build up & and not tear down!**

# The Criticism Pledge...

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**“I promise, as your mate, that I will never speak ill of you to friend, family, or stranger.**

**I will not embarrass or belittle you in front of others, nor will I be critical of you in your absence.**

**I will not discuss our personal problems with anyone without your permission. This is my pledge to you.”**

**Why? Because of your loyalty!**



# How to Criticize Constructively

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- Do so only when you believe the other person is *emotionally ready* to accept it.
- How do you find out when it is okay?
- **KEY:** Get their *permission* first.

# Don't Give an Overdose

Common failure is to pour it on! “And another thing, and another thing, etc.”



# Overdosing destroys the motivation to change!

- *The solution is to deal with only one criticism at a time.*
- **Suggest: Only One Criticism a Week.**
  - Proverbs 17:9 “He that harpeth on a matter separates chief friends.”
- We must listen carefully and increase our awareness.
  - **SOLUTION?**

# 24 Hour Criticism Fast

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- For a period of 24 hours, refrain from criticizing yourself, the government, the food, your boss, co-workers, your spouse, your surroundings, come to a complete halt for 24 hours!!
- Watch out for back seat driving and comments on other drivers. Phone calls can be dangerous.

# 24 Hour Criticism Fast

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- You cannot criticize anyone for any reason unless human life is in danger.
- Another exception would be someone on the fast criticizing without realizing it.

# 24 Hour Criticism Fast

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- This is not as easy as it sounds.
- If you find yourself being critical, make a note of the time and start your “fast” over again until you have gone for 24 hours (including the time you are asleep) without being critical at all!

# Why Should You Try?

- It will increase **your awareness** of the critical nature of our **society**.
- It will help you to **become aware of your own compulsion to criticize**
- It will enable you to experience the **power of self-mastery, and most importantly ..**
- “So that you can **lay a foundation for love and acceptance** in your home **instead of rejection.**”

# How Many Will Commit To The 24 Hour Fast?

- Those who are most reluctant are most likely to need this exercise.
- It is fun and insightful.
- Ultimate challenge— **Ask For It!**



# Couple Criticism With Compliments

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- Notice ratio: Three compliments to one criticism. (Revelation 2:1-4)
- *“The bitter pill of criticism can be swallowed much easier if first sugar-coated with the medicine of sincere praise.”*
- Mary Poppins: “A spoonful of sugar makes the medicine go down.”

# How do you Receive Criticism Constructively

- Let your first words be: Thank You!
  - 1 Thessalonians 5:18. “In everything give thanks.”
  - **He said it to your face -not behind your back.**
  - **If it is true - you need to change and now you can grow!**
  - **If false – it gives you opportunity to correct the misunderstanding.**

# Always Ask:

- What can I learn from criticism?
  - **Not all criticism is valid.** But you can still learn something from all kinds of criticism.
- Then **take action** if possible.

# Conclusion

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- **Don't mind criticism. If it is not true, disregard it. If it is unfair, keep from irritations. If it is ignorant, smile. If it is justified, learn from it!**