

Dealing with criticism.

What have you been criticised for in the past?

With your friends...

At home...

At school...

How does this criticism make you feel?

You can react to criticism in different ways, some positive & some quite negative. Look at the table below of comments & actions & highlight the way you've reacted to being criticised. Tick the most helpful positive responses you've used.

"You're just not trying"	Give up	"Don't talk to me like that"
Stay calm	Shout	Argue
Discuss	Listen	Apologise
"it's not my fault, it's yours"	Mimicking them	"says you!"
"You never listen to what I say"	Walk off	Say thanks

You can be criticised for many things, things that you have done, not done or the way you do things. Add in below some of the things you've been criticised for.

Things you have done: e.g. breaking rules...

Thing you have not done: e.g. homework...

The way you do things: eg. answer back...

Self Target Time

1. When I'm criticised next time for ...

I will try to....

2. When I'm criticised next time for ...

I will try NOT to....