

GIVE PRAISE NOT CRITICISM

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How to Give Praise Instead of Criticism: 10 Steps (with Pictures)

Dean Burnett: People often find criticism far more potent and lasting than But if we know we give praise that is not genuine, why wouldn't.

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You suck! Why criticism is more powerful than praise | Dean Burnett | Science | The Guardian

criticism but also what to think about once or twice before deciding to give it. Aristotle; "You can't let praise or criticism get to you. Unknown; "It is not the critic who counts; not the man who points out how the strong man.

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Ergo, any praise received can be contaminated by hints of doubt. So far as mindset is concerned, intention is. But if you only criticise people when truly necessary, then you are more likely to assign similar motivation to anyone criticising you in turn. What is the intention behind the praise or criticism? This may be because they see criticising others as just par for the course, unlike us more sensitive souls. Initially, focus on your integrity of thought and action and move from this point. If someone excessively flatters you for a minor success, you need to internalize it the same way you would internalize a scathing insult.

There are events that show a depressive's tendency to focus on the negative. The more you read about this approach to thinking, the more it will infiltrate your own thinking and you'll begin to see a change of perspective within yourself, especially when you put it into practice and see people's positive responses. Remember, the only taste of Give Praise Not Criticism some people have is when they take a bite out of you.