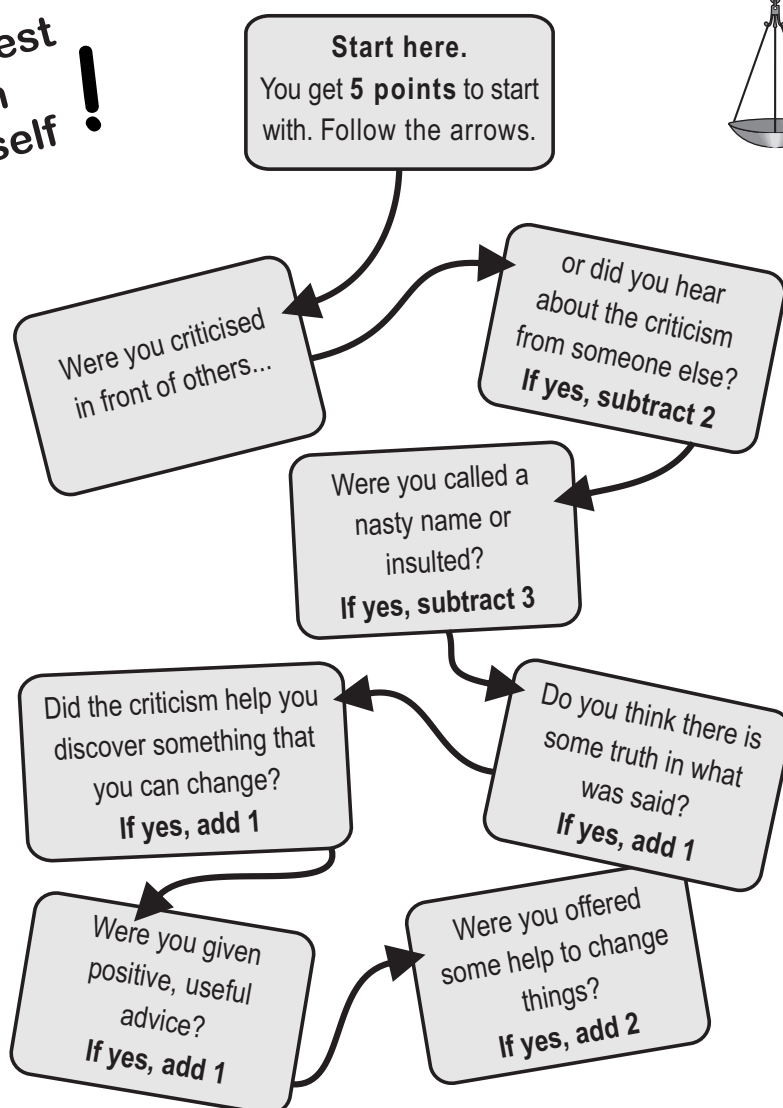


Weighing up criticism

to see what it's worth

**Be honest
with
yourself !**



Read the note that goes with your final score

- 0 → Oh dear, the other person seems to be having a bad day!
- 1 → Don't let that nasty remark eat away at you. You are okay!
- 2 → Forget what was said by thinking of something good and exciting.
- 3 → It's probably best not to take this criticism too seriously.
- 4 → Although the comment was made in the wrong way, think about it!
- 5 → Probably some truth was said in a moment of anger.
- 6 → Take note of what was said. Talk about it with someone you trust.
- 7 → It would be a good idea to make some changes.
- 8 → Do something to sort out the problem.
- 9 → The comment was positive - be positive in taking the advice.
- 10 → Take the offer of help to change the way you've been doing things.