
Let's Answer

A. Match the following:

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| 1. Self - esteem ----- | d) the value that we place on ourselves. |
| 2. Criticisms from parents and teachers ----- | f) well meaning |
| 3. Flattery ----- | b) should be rejected. |
| 4. Criticism with intent to hurt ----- | a) makes us complacent |
| 5. Sometimes we hit our friends daily ----- | c) through criticisms |
| 6. Accepting defeat gracefully ----- | e) is a sign of great character. |

B. Answer the following questions:

1. What happens to people who are criticised often?

Ans:- This always hurts and affects the self image of the person. It also diminishes the self - confidence of the person. Slowly people gradually starts losing confidence. It hurts the individual emotionally a lot.

2. What is constructive criticism?

Ans:- Criticisms with a good intention and which wants the other persons to improve in certain aspects are called constructive criticisms. Such type of criticisms always helps others to improve their lives as it points out the shortcoming of them. Such type of criticisms, instead of hurting others, always improved the others.

3. What are some of the characteristics of constant criticsers?

Ans:- Constant criticsers have a habit of tearing everybody to pieces and never appreciate others. These people always try to put other people down instead of improving others. They always hurt the other in almost all aspects. They get pleasures out of criticising others.

4. What are some steps to deal with criticism?

Ans:- They can be mentioned as below:-

- a) to keep mind open
- b) to keep on doing our works
- c) to keep our self-esteem intact
- d) to be positived and
- e) to thank the critics.

5. What should we do when we are being criticised?

Ans:- People used to deal criticisms in many ways. We need to know how we have to deal with the criticisms. When we are criticised we should not get ourselves lost. We must try to know the intentions of the critics. We have to listen and accept them. Those constructive one we have to accept while the destructive one to be ignored. We can find our weakpoints from the criticisms and can improve ourselves in many aspects. So we need to accept and listen them.