Chapter 24: Be Less Wrong—Challenging our own ideas

Cheatsheet for Being Less Wrong: Coachable Chitchat for Criticism

When someone is offering you criticism:

• Stop and receive criticism as a gift.

Your coach recognizes your potential to be even better. They want to help. Use eye contact and your full attention to receive the gift.

• Listen carefully.

Try to absorb the advice without getting upset or defensive. Really listen. Use little nods to show you are listening.

• Reflect back what they say.

This shows you are registering their advice, and keeps communication clear. I hear you saying that I can improve... by doing... Is that correct?

Ask questions

Clarify any problems they identify, and their suggestions for improving. Does this look right? Is this what you were suggesting?

• Say thank you.

Even if you disagree with the comments, take the criticism graciously.

Thank you for your feedback. I'll work on improving that.

• Take notes.

Reconsider the suggestions when you have a quiet moment.

I'll make a note about what they said, and think about it.

Learn to ASK for criticism! Bonus skill:

Could you give me your opinion on this? Can you help me improve this?

Learn how to use this from the book: **CRITICAL THINKING: Teach your kid** how to be smart, make good decisions, and get things done, by C. H. Dadmun



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