

If criticism hurts

(or a blessing in disguise)



Henny Bos

Note about the cover illustration:

Just like a hedgehog, criticism can prick and inflict pain. But why this metaphor? Spines are essential for a hedgehogs' survival: they protect him against the cold, help to scan his environment, and are a means of defense against enemies. The face of this hedgehog is symbolically heart-shaped; something may feel rough and uncomfortable, but if you approach it with an open heart and mind, you will discover the loving treasure underneath. This book will help you find the gift of critique.

Colophon

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Preface

Everyone has to deal with criticism in their lives. As a coach, I have worked with more than a thousand people, and I noticed that criticism is a tough nut to crack. Some noticed that criticism is a tough nut to crack. Some people get shy, while others lash out and bounce the blame back or plan a counterattack, with all its negative and (self-)destructive consequences.

How do you respond to criticism: do you fight, evade, freeze, or fawn (flatter)? Do you lash out, or do you react straight from the heart?

This book gives you insight into the way you handle criticism. It tells about the pros and cons of criticism and how you can deal with it in a constructive, non-harmful way. Because criticism can be a blessing in disguise, something we all can benefit from, but only when used correctly.

I wish you a lot of reading and learning pleasure!

Henny Bos, October 2019

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