

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 105: How To...Take Criticism

Many times, it’s difficult to take criticism graciously because our pride gets in the way. It’s our pride that makes us take offense to what someone might have to say to us in way of correction. And when we take offense is when we get defensive and feel the need to lash back. Defending ourselves is the way we save face. But when we defend ourselves, we have just shut down listening. We can’t really hear what’s being said, and then of course, we definitely won’t consider that we might need to make some changes in our life, or behavior, or attitude.

1) Write about a time you were given criticism and it was difficult to hear/take:

When we’re defensive, it’s usually because we’re making the comments mean something about us.

2) What do you think you were making the criticism you wrote about above mean about you?

“It’s not you, it’s them.” Sometimes we get criticism from people who are speaking out of their own woundedness. Their comments aren’t really constructive, but are meant to be destructive, to be harmful.. It’s what we do when we’re wounded from past experiences and we haven’t gotten healing in that area.

3) Write about a time when criticism came from someone who was speaking out of woundedness. What do you think the Lord thinks about that?

“It’s not them, it’s you.” We need to be open enough to assume that there is at least some truth to what they’re saying to you when they’re giving criticism. It’s a true heart of humility that easily does this with the help of the Holy Spirit.

4) Write a prayer telling the Lord where you need healing in order to take criticism with grace, curiosity, and humility:

I hope considering, “It’s not you, it’s them” and “It’s not them, it’s you” will help you next time you find yourself face to face with criticism. If you’d like some help figuring out how get healing and be able to take criticism, I’d love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.