

To: Professor Ellis
Form: Pamela Drake
Subject: Digital Storytelling – Project 3 Script Podcast – The Fear of Criticism
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[FADE INTO THEME MUSIC PLAY FOR 7 SECS, MUSIC
[COLLAB INTRODUCTION]

MUSIC: Artist, title]

PAM: Hello and welcome.

This episode is about the fear of criticism and how to handle criticism in a positive way without feeling fearful or discouraged.

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

PAM What is criticism and why do we get so fearful and defensive when someone criticizes us?

Criticism means to find fault with someone or thing and remark or comment about it. There are two types of criticism - constructive criticism and destructive criticism. It is true that both forms are difficult to deal with and can hurt our feelings but learning how to cope with criticism can reduce the fear and discouragement we often feel. Constructive criticism is motivated by a desire to help us improve and grow and destructive criticism is intended to be harmful and can lower our self-esteem.

As a young girl, I was smart and creative but I was also shy and had a fear of being in the limelight. Because of that, I became defensive and self-conscious, and when others would comment on my performance, I would take it personal.

Even when it was my boss giving me constructive criticism, it was still difficult to take.

Moreover, I became discouraged at times and internalized it.

So years later, I learned how to cope with criticism and I wanted to know how other people cope. After all, no one's perfect and we all make mistakes. And we all know someone who has something to say about it.

So, I randomly asked several people to tell me what criticism is to them and how they cope with it. Here are just a few responses:

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

PAM What does criticism mean to you and how do you cope with it?

INTERVIEWEE 1: Response

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

PAM What does criticism mean to you and how do you cope with it?

INTERVIEWEE 2: Response

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

PAM What does criticism mean to you and how do you cope with it?

INTERVIEWEE 3: Response

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

PAM So as you can see, it's not easy, but there are some steps that you can take.

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE FOR 3 SECS]

PAM We all make mistakes and criticism will never stop. There will always be destructive criticism and constructive criticism. We can either use it in a positive way or a negative way. Whether at school or work, criticism is a part of life. The first step in dealing with criticism is to evaluate the person delivering the message. Who is the person and how was it given?

It was Dale Carnegie that said "Any fool can criticize, complain, and condemn—and most fools do. But it takes character and self-control to be understanding and forgiving."

It's difficult for us to accept criticism when it's coming from someone who is not credible in our eyes. So, you should determine if you value their opinion. What is the intention of the person who is criticizing you? Are they judgmental? Do they mean well? Is it someone you like and respect, or is it someone you would rather keep away from? Or maybe it's a boss who you have to take seriously because it could cost you your job. Once you determine the value of the person, it becomes easier to detach the criticism from the person and the environment.

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE FOR 3 SECS]

PAM The second step is to deconstruct the criticism. By that I mean looking for something, even if it is just a grain, that you can take from what is being said to better yourself? You can't grow and improve if you can't take criticism. So the key thing to do is to step back and look at what's being said and focus on the parts that are most useful. You may find that there is some truth to what is being said.

It was the famous Winston Churchill who said "Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.

Frank A. Clark said, "Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots."

But regardless if criticism has any basis or not, what really counts is our attitude towards it.

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE FOR 3 SECS]

PAM So now, when I am criticized for my work performance, I externalize it and I focus on my performance and not my character. I use criticism as an opportunity to perform even better than before.

[FADE OUT VOCALS.

FADE INTO SEGWAY BRIDGE MUSIC FOR 3 SECS]

(Closing)

PAM I hope that this has been helpful.

So now I'd like to hear from you. Have you ever been criticized and how did you overcome it?

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