

Criticism Clarity Worksheet: Learn & Grow from Feedback

Based on the wisdom from *Mentored by a Millionaire* by Steven K. Scott
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The Criticism Bucket Every piece of criticism contains...

- ◆ Water – The emotion
- ◆ Sand – The sting
- ◆ Pearl (or gold) – The truth worth learning from

Step 1: Describe the Criticism What was said? Who said it?

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Step 2: Consider the Source

Do I respect or value this person's opinion? Yes No Somewhat

Do they have insight or expertise in this area? Yes No Unsure

Step 3: Filter the Criticism Break it down:

The Water (Emotion): What emotion did this trigger in me? (e.g., anger, shame, defensiveness)

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The Sand (Sting): What part of it felt like an attack or was painful?

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The Pearl or Gold (Truth): What truth—if any—can I extract from this feedback?

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Step 4: My Response

How do I want to respond, not react?

What can I do differently or learn from this?

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Final Reflection

What did this experience teach me about myself?

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