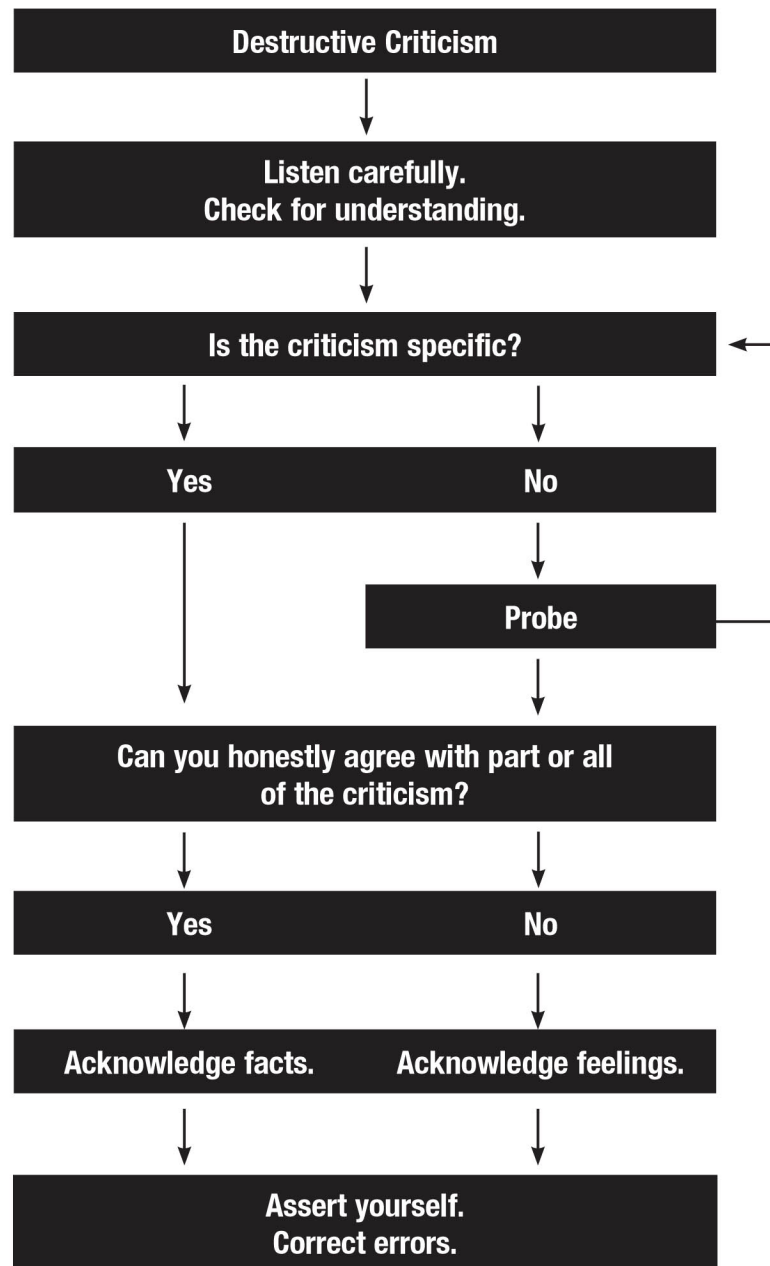


# Responding to Destructive Criticism

FIGURE 4.4



**Putting It in Perspective** Criticism can be difficult to face. By focusing on the content of the message and using effective response techniques, however, you can diffuse criticism before it damages your self-esteem. *Do you think that some criticism doesn't deserve any response at all? Explain.*