



**EXPLORABLE**  
*Think Outside The Box*

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## Let Go of Criticism

Liya Panayotova, Psychologist, liyap.com17.3K reads

“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”

? Louise L. Hay, *You Can Heal Your Life*

Some people believe that the ability to self-criticize plays a role in their success but in the majority of cases, people succeed in spite of their inner critics, and not because of them.

The banner features the Explorable logo and the text "EXPLORABLE Quiz Time!". Below this are three quiz cards:

- Card 1: Image of red roller skates on a wooden deck. Text: "Quiz: Psychology 101 Part 2"
- Card 2: Image of a fan of colorful pens. Text: "Quiz: Psychology 101 Part 2"
- Card 3: Image of a Ferris wheel at sunset. Text: "Quiz: Flags in Europe"

At the bottom right of the banner is a link: [See all quizzes =>](#)

## Let It Be

Let the judgment be. It’s easier to criticize oneself and constantly be rip at your achievement, especially if that is what you have grown used to. And that’s exactly why you have to choose the road less traveled.

## Don’t Indulge

It is up to you whether or not you will allow your self-criticism to have power over you. The first step involves recognizing when you are indulging in negative critical behavior. It’s easily noticed after it has been done and you feel bad about it.

But the key element here is to notice it just when it's beginning and in order to help you do that, you can use the self-monitoring and introspection techniques, which you've already learned.

## **Patience and Appraisal**

In our busy lives, we tend to ignore what's really going on in our mind. It is thus imperative to slow down and listen to your thoughts, let them be present and allow them some space in your life, if you don't want them to eventually overwhelm you. It will take some time but you will get there, just keep at it.

Once you start noticing the critique as soon as it begins, praise yourself on this accomplishment.

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