

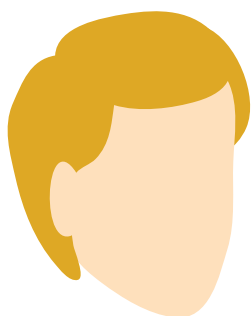


A Caregiver's Guide to Handling Criticism

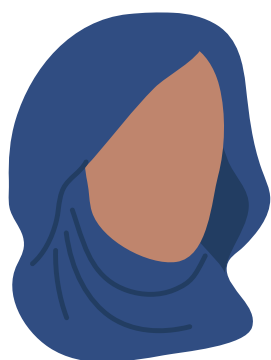
Unfortunately, it is common for family caregivers to face unapologetic, uninvolved critics; it's one of their top stressors. And far too often, caregivers who are victims of intolerable critics go on autopilot - apologizing automatically, or believing they really are at fault.



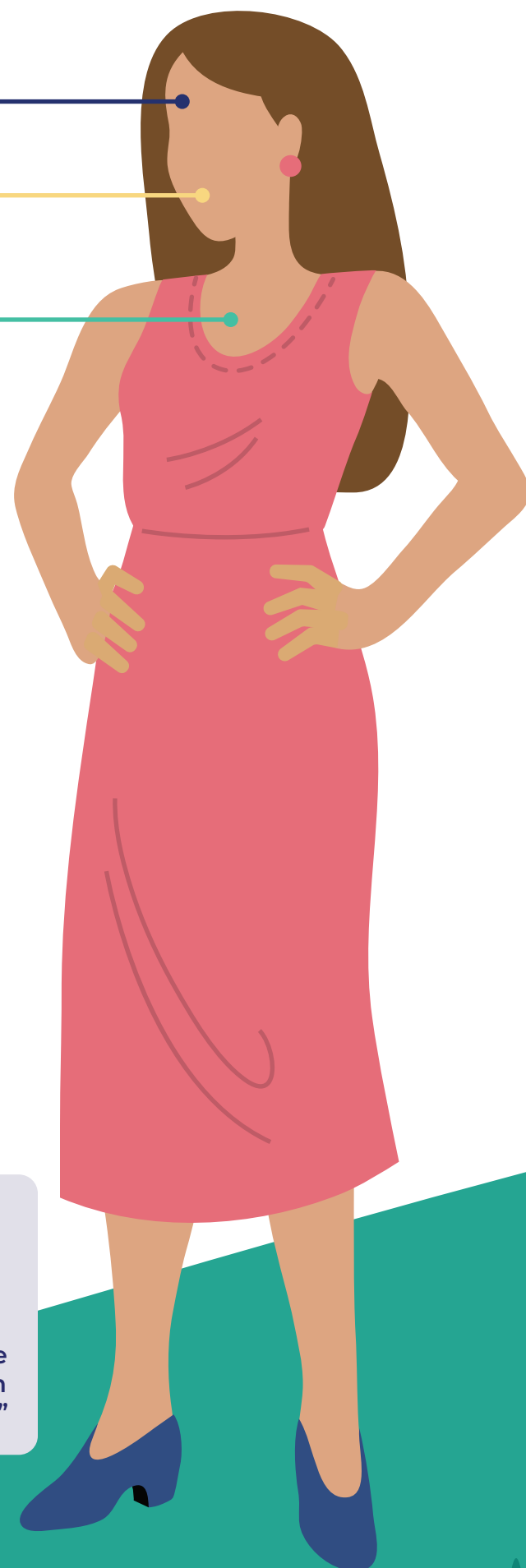
Why did you do that? It was a big mistake!



Why are you doing it that way? You should do it this way.



Seems like a lot of things are going wrong.



Use "I" statements to repeat the criticism back to the critic and in a way that shows how those words make you feel. Say things like: "It hurts my feelings when you say things like..." "It really upsets me when you criticize everything I do." "I have a hard time spending time with you now because I never know when your critiques are going to come, or the reason that you are making them."

Apologize only if you really are at fault. Say things like: "I goofed up! The good news is that all is well that ends well! No harm done, so please don't make more of this than is necessary," versus "I am sorry I forgot to call you! I wish I hadn't done that."

Don't believe it. Say things like: "I may handle things differently, but it doesn't mean that it is the wrong way." "I am not a bad person."

