

True Thoughts MP3s Subliminal Script

Handling Criticism

I take criticism positively
I critique my own work
I accept criticism from others
I use criticism to improve
I recognize and use beneficial acts and words
I receive comments with grace and charm
I examine criticism wisely
Criticism helps me succeed
Second opinions are welcome
I logically examine all criticism
I accept criticism over my work and myself
I find the point to all criticism
I handle remarks calmly
I build my character with criticism
I improve my skills with advice
I listen to positive criticism
I think calmly when angry
I give positive criticism
I criticize myself and others positively
I decide who I listen to

NOTE:

Do not listen to this MP3 while driving or operating machinery.