



# Your Criticisms Reveal Your Areas for Growth

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We project our negative traits (our disowned parts) onto those closest to us (ie. spouse, boss, mother.) What we chronically criticize in them is often what we dislike and deny in ourselves. The negatives we see the most clearly in them reveal our personal blind spots.

## 1. List your top criticisms of your boss, partner, or secret nemesis.

*You are lazy. You expect me to be perfect. You are cheap. You never listen to me.*

## 2. Take each criticism and evaluate as an area that you have denied or disowned in yourself. *How are you lazy? Do you expect perfection of yourself or others? When are you cheap? Where are you ignoring your own thoughts or feelings?*

A couple things here: It's important to expand your thinking on this question, because, for example, the way you are lazy may be completely different than the person about whom you complain. You may have been unwilling to work in an area you never considered before. Also, looking at your criticisms of someone else as a tool to help you grow does not negate the problem in someone else's life or their need to address it.

## 3. What unmet need in your life does each criticism reveal? *If you complain about laziness, do you need more help or rest? If you complain about high standards, do you need more acceptance?*

## 4. How can you start to satisfy that unmet need in your life? *Could you spend time with people who could fill you cup? Could you take action toward specific goals that you have neglected?*