CRITICISMS AND POSITIVE WORDS

1) WHAT CRITICISMS YOU USUALLY ADDRESS TO YOUTHS WITH WHICH YOU WORK?

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Here you can find some examples of correct and wrong criticisms:

**CORRECT AND WRONG CRITICISM:**

1) **COSTRUCTIVE**
- They refer to the behavior
- They are specific and situational
- They motivate change

2) **AGGRESSIVE/ MANIPULATIVE**
- They refer to the person
- They are generic and totalizing (always, never...)
- Generate frustration, resentment, guilt, anxiety

**i.e. 1** "this behavior makes me angry"

**i.e. 2** "you are always the same"

Think about how often you criticize young people you work with and which type of criticism you mostly use? How do you think the other person can react to the two different types of criticism? Think about a problematic young person with which you work, how many criticisms does he/she receive? On the contrary, how many positive words does he receive?

**REMEMBER!!**

CRITICIZE someone is often very easy..

GIVING A COMPLIMENT is often very hard!
2) **ON THE CONTRARY, WHAT POSITIVE WORDS COULD YOU SAY TO YOUTHS WITH WHICH YOU WORK?**

Use this paper sheet as a reminder during your daily work!!
SUGGESTIONS!!!