

DeCONSTRUCTING CRITICISM

DeConstructing Criticism is an exercise in listening. A conversation. A primer for decoupling your feedback from your sense of self-worth and silencing your inner critic long enough for you to get some work done.

Filtering feedback to achieve your truest work



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This is Alex.

My work is a living breathing thing.

It is allowed to change and grow just as I am.

It is shaped by me but it is not me.

It's Not  , It's  .

Criticism. First let's start with the word. Words are an agreement, a consensus of language and what sounds mean. In the English language, it is defined as:

criticism

1. The expression of disapproval or someone or something based on perceived faults or mistakes.

But words can mean more than one thing.

criticism

2. The analysis and judgment of the merits and faults of a literary or artistic work.



Alex,
the person.



Alex,
the artist.

Turn Anxiety into Ambition.



Criticism Prep

What do I want from this feedback?

What do I want my audience to feel?

What do I want my audience to understand?

What do I want to understand?
