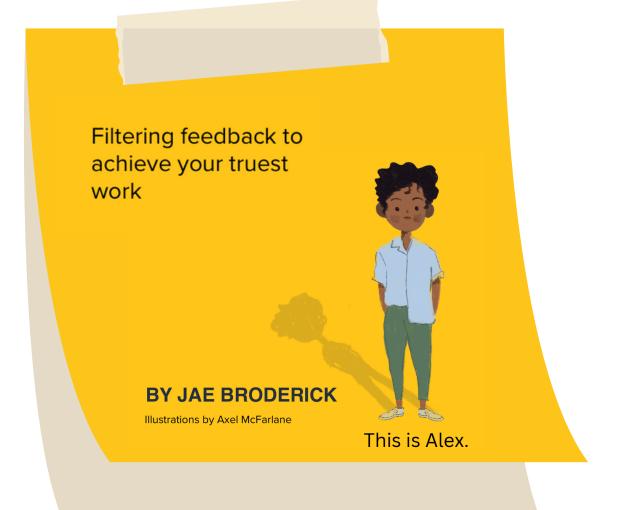
DeCON STRUCTING CRITICISM

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.



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 .

riticism. 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

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

But words can mean more than one thing.

criticism

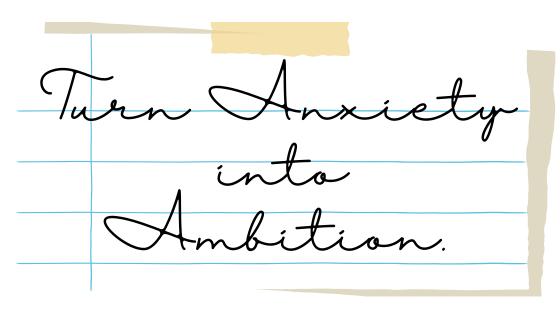
2. The analysis and judgment of the merits and faults of a literary or artistic work.



Alex, the person.



Alex, the artist.



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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?