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To praise or criticise

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What is it about us that we are unable to accept praise as genuine, while criticism we regard as 'true'?

Recently, I praised an acquaintance who had written an article that I resonated with.

Having heard me, he said that I was merely flattering him and being 'nice'. His comment and rejection of my compliment left me wondering how my comment had been received by him.



On enquiring he told me, he would have seen more value in my 'critiquing' his article and suggesting improvements rather than offering praise.

He regarded praise as 'superficial and politically appropriate'.

What is it about us that we are unable to accept praise as honest and genuine, while criticism we regard as 'true'?

My response to this thought is our discomfort with praise and our unwillingness to receive a compliment at 'face value'.

We choose to hear only what is not good in us, so when someone offers praise, we disregard it or even doubt its veracity.

Andrew Carnegie is reported to have said, "When we dig for gold, muck comes up, yet we do not allow it to deter us and dig deeper, for we are seeking gold."

It would help if we concentrated less on criticism being showered on us, particularly unsolicited, and embrace praise even if offered without request..

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