



Let go of criticism and express what is needed

When we criticise, we will focus on the negative sides. If we habitually criticise ourselves or others, our thinking can easily become pessimistic, which can be detrimental to our mental health and interpersonal relationships.

Practise positive expressions more often

Express your preferences

✗ "That singer you like can't write songs or lyrics. He/she doesn't deserve to be a singer!"



✓ "I appreciate singers who can write songs and lyrics."

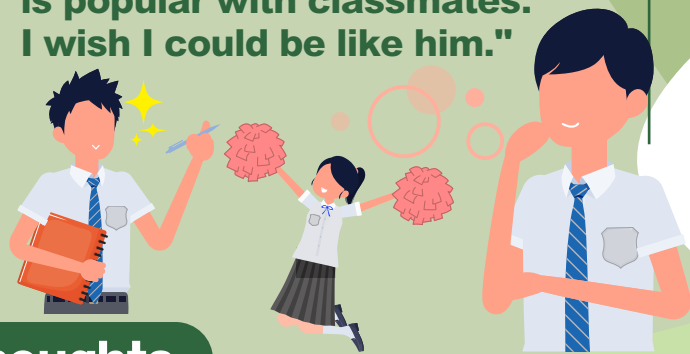


Express your desires

✗ "Chris gets good grades and he is popular with classmates — I am, on the other hand, a good-for-nothing."

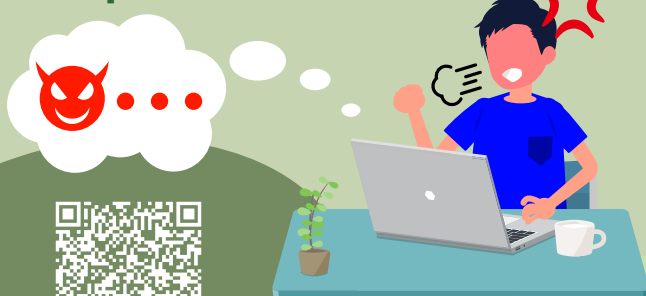


✓ "Chris gets good grades and he is popular with classmates. I wish I could be like him."



Express your thoughts

✗ "This person's talking nonsense in online groups. He's such a despicable villain!"



✓ "This person's talking nonsense in online groups. I worry that he will make others feel casted out."

