

# Quite “Right” News from Mark Golden

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## Criticism in Review

### PART ONE

### My Confession

I believe God asked me to sit down and write about my life-long habit of criticizing. So, I took a look at my life and explored this personality characteristic which has been a real problem. When I started writing, I did not foresee how much exploring would be required, but it turned out to be very good to do. Maybe what I have written will significantly affect your life – as new days and new conversations take place. Perhaps, you will diagnose yourself as you read this. It will take some time, but you will benefit – of this I have no doubt.

I enjoy writing and usually compose humorous fiction stories under my *by line*: “Not Quite Right News by Mark Golden”. So, the title of this writing was changed appropriately to “**Quite Right** News by Mark Golden.” It surprised me that I was duly inspired and commissioned to make a record of my unfunny side *as a means* of educating myself in hopes to accelerate permanent change in my behavior. This piece has seven parts; it is not merely an essay on a subject; it is exploratory surgery of my very private self and includes definitions and some humor. This took weeks to compile and I am proud of it.

I have only limited information to write about on the subject of criticism. Not having been one of the cream of the crop of critical people in history, I am not even one of those “Best of” who are currently alive. True, having had years of “taking” it and “giving” it, I am no novice. So, as you read on, fill in your own “blanks”, corrections, additions, deletions and of course any *criticisms* of your own – but please, *keep those to yourself*.

To get started, I do enjoy many things in life; my mind is not a 24/7 criticism generator. At this moment of writing, *know* that I am not teetering on a high stack of hastily piled, collected offenses, with a noose around my neck ready to end my accumulated guilt. The following confessions and observations are cumulative.

If after reading all of this, you think that I have been too hard on myself, feel free to do so. If afterwards, you believe me to be no different than anybody else, then this will clearly explain why this world is in so much trouble! Those who know me will undoubtedly look at me differently. Some will wonder what I have thought of them in the past and what I am currently thinking of them.

### PART TWO

*Here we go...*for years, as far back as I can remember, I have been critical of anything & everything! I now know that this is not the way to see the world and how to experience each day. I have criticized people, places, buildings, articles, music, the news, TV shows, people's homes, decorations; movies, pets, cars, etc. but mostly: people's appearances. I see you and evaluate your looks. Being a man—I have especially noticed women—everyday is a continuing, life-long, beauty contest.

I have an analytical mind and am very visual. Over the years, I have found that I have seen and heard many things that other people didn't notice; this has always surprised me. Because of my occupation, being a sign painter and graphic artist, I developed a well-trained eye. I have noticed and seen the flaws of what other workers have completed and what could have been done better – *far too often*. To one degree or another, this appraising or evaluating mindset of mine has unfortunately blended over into any and all of my relationships. I judge, then re-evaluate and I judge some more. Like anyone, there are things that just bug me, but what I am writing about is a bad habit. It is much, much, more than simply noticing and voicing an opinion.

Sadly, I have turned this carnivorous animal on myself. Such as my appearance, home, cars, furnishings, friends, possessions, how far I have gotten in life, etc. This wayward reflecting has been mentally and emotionally beating up my "self". Having done this often, I have harmed who *I am* with these painful thoughts and beliefs. It is how I have lived. I have missed out on a lot in life because of my self-pollution and grinding, inner martial arts.

According to God's metaphor, this has been a "wart on my *soul*". I accept that; I *have to* agree. Engaging in this system of destructive thinking has just cluttered my heart and mind. I understand that it has been an unsightly flaw in my personality. God wants to help me to recognize criticism. Then work on being free from this faultfinding way of thinking and being so opinionated.

There really is a whole world, the entire global population, to *criticize* if you want to put your mind to it. My tally has been notably high. Sarcasm, cynicism, mocking and humiliation have been my eager co-workers or unfriendly half-brothers and ugly step-sisters. With veteran aim mixed with calculated velocity, these have helped me strategically discard barbed words with caustic flings, or left them behind like land mines, for others to stumble upon.

My internal thermometer of dissatisfaction has been too busy – yet, this ill *thing* will not wear out! If people could have somehow seen or heard what was going on inside me, I think they would of gotten away from me and that I would have lost many friends and customers in my business! I figure that some people must have just been "nice" and stayed on because of the better parts of my personality. But, how embarrassing it would have been to have had visible "thought bubbles" over my head *revealing the hidden, true thoughts* which I had going on.

I can be more pessimistic than other people. So, that has made my inner negative reckonings *even cozier*! Representing my life, I have constructed a tall, tilting, makeshift, useless structure, which symbolizes failure and how unpleasant I can be.

Insecurity fueled by fear is why certain negativeness has come out of me or just simmered in the background. This living, shadowy anxiety has had long, deep, stout roots which have grown in the darkness, below my outer surface. Then these tendrils held securely in their twisted state. Numerous years ago, a crack was made in the foundation of whom I was and have now grown to be. Somewhere, back then, it was like I found a rusty, discarded, twisted shaft of steel. As the days of my existence went by, I slowly roughened, bent, honed and shaped this length of uncouth metal into a sword-like thing. Strangely, by use, this weapon seemed to sharpen on its own. I learned by watching and listening to others, how to use this tool. Some people have felt mere pricks from me, others have been wounded, while yet others have felt repeat damaging thrusts. *When I needed it, it has been there for me.*

Criticizing others is icky. Expressing disapproval, making light of, even showing scorn, contempt and disrespect are ways that had I intended to, and at times was successful at, wounding the feelings or plans of others. Unfavorable, discriminating comments have been a part of the dark side of my personality. Calling attention to other's failures or flaws in severe, rude, arrogant and harsh or even subtle accusations has been unnecessary. This has been done to put-the-other-person-down in such a way, that, hopefully, I make them feel/think that they *owed* me. This manipulative "owing" can take on a myriad of forms of payback. None of them are pretty. This maneuver is to put the person(s) at a disadvantage and offset their self-confidence so they see me as the victor and not peculiarly, someone to submit to or rather keep a clear distance from. My goal was to make them feel *cheapened*, because inside the mechanism that keeps my heart beating every day I have felt cheap!

When a person has embarrassed themselves by spilling or dropping something and drawn notice, I have attempted to be comical. This has been done out of a kind of *diseased* benevolence. In my partial hopes to humorously balance out the mishap, my attempt at wit has been a cloaked way for me to score a point. The implied interjection being, "I guess that I am *smarter* than you aren't I?"

Sadly, I have always preferred hearing the "bad" news about someone instead of desiring to hear any "good". Occasionally, at those times, I get caught, and while in my fast-paced defense, *everything* I say just comes out wrong. Faking a quick inquisitive manner, in a better light, would be used as a "cover story" or cloak for my just-below-the-surface unhealthy, negative interest about the person in question.

Continuing this concept of cloaking; I have attempted to get other people to join in with me and criticize someone else. These were like sneaky mini-recruitment sessions. And of course, it is easiest to speak harmful views about people when they are not there to hear them. I had tried to do this by calling attention to, and pointing out errors and flaws. It was done so that I looked better than someone else or thought that I was better because of what I knew and how I presented it. Sometimes, I did it out of jealousy or simply because I did not like them. Other times, when I was angry I made fun of and offended the person by using words or attitudes mixed with venom meant to *harm* them or their reputations. Making fun of others *sincerity* is a piece of the composition of this ugly foundation when anyone uses criticism.

In some circumstances, I have tried to hide this trait from others but some people saw it anyways *and then I was caught*. When this happened, I felt awkward and mad. So, I then chose to pretend that it was only due to their *misunderstanding* or twisted thinking. Oppositely, if people missed what I meant (my bad intent) and so passed over my judgmental words—*I got mad about that*. It is like they were somehow invisibly exempt from my verbal ugliness and did not join in with me or validate what negative views I had said. This would really irk me. I wondered if they had heard what I said, but decided not to comment and be silent and so, let it pass. That might have been their way of being polite and gracious in the face of my obvious unpleasantness.

If I thought that a person was “less” than I was, then they were the similar to an open target—me “up”; they “down”—simple! Cheapening them was the goal. This jabbing was done simply to add or heap more misery into their poor state. Pinning someone down, making sure they were stuck, tangling them up and leaving them there was what it was all about. As a result, I have made fun of others during and after my initial shameful behavior.

Metaphorically, humor can be utilized as bridge spans, stretching from one indecency to the next. In a twisted sense, being a smart ass, I drew attention to myself with, “Look how funny I can be!” If needed to, I would attack them yet again, further defending my corruptness.

Whether internally or spoken, exalting my “self” over anybody else’s opinion was almost a mandatory, necessary part of this structure which needed an outlet for self-centeredness. There has always been a difference between the impartial “facts” and me speaking of the facts mixed with my own biting, unpleasant or ridiculing opinions. At those times, I must have thought too highly of myself.

Oddly, I sometimes used this defiling thrust of words in a hope to actually *have people reject me*, leave me alone, or make it that they would regret having spoken to me. It was a back door method of pushing them away.

Consider this, a disapproving, analytical state of mind and heart is normal, isn’t it a “right” or privilege for a human to speak their mind? The freedom to *dislike* can be expressed with the companionship of still *liking* – very close beside it. There is a safe distance between a “critique” and being snotty; being smart and being a smart-ass. Targeting *something* or *someone* without much thought to the consequences can just be cruelty.

I see now that due to my lifestyle of criticizing, I exposed my ample supply of *disrespect* which I easily drew from. Apparently, as my life has gone on this inner pool refills itself from a dimly lit prison of still-living, but caged, inner wounds.

When I used to spar with another “criticizer” who had varying opinions, we wrangled about a bit of news, material object, third party or whatever. We used emotions and intellect, yet were self-centeredly driven, focusing on who more accurately saw the needed correctness or “put downs”. In some relationships sarcasm seemed to be the currency in which we dealt. Our speech was a sparring match, a reckless bout of coarse jesting with damaging strikes that went over the lines of public square

*decency*. Goodness became a mangled-affair, and civility, a nuisance. What came out of me at times was jaded-humor showing that I was craftier or *smarter at the moment* than the other person.

Being “picky” has been troublesome and I have made simple situations complicated. I have been motivated by a darkened curiosity in just wanting to be *nosy*. I have interjected myself at the wrong time, with the wrong motives and ended up appearing rude. This has made me be an annoyance and I have upset others and made them uncomfortable. It was like I was scavenging for some new icky nourishment.

Routinely, I have appraised, calculated, assessed and analyzed *what has not been my business to do*. And if it has been my business—*I have really over done it*. When, with good intentions, I have *corrected* others (whether accurately or not) it has ended up sometimes being awkward, destructive and regrettable. Sometimes, of course, I noticed when someone or some “thing” was obviously wrong, broken or about to be messed up. Coming up with unasked for ideas or solutions and volunteering them, has unexpectedly ended up shaming myself and others due to my critical root mixing itself with genuine care!

At those times, it just seemed *unavoidable* to keep quiet.

It might be *appreciated* for me to have said something or point it out before it gets worse or even dangerous, but it must not be done critically, sarcastically or in a way that cuts or bruises others.

To repeat: I have said embarrassing things about people; I have embarrassed myself doing so. Criticizing has complicated my life.

### Part Three

## A Desire To Change

Now, after all of this introspection, I wonder how frequently people have *criticized me*. How much was done silently, spoken to others about me behind my back and how unfair, inaccurate or accurate *it has been?* I certainly have not liked it when others have done so in my hearing. I have felt squished down, uncomfortably small, wronged, confused, sad and embarrassed. It can mess me up for hours or even days; some condemning accusations, whether inaccurate or true, have not dissipated until years later. These attacks can quickly squish the life right out of me; I emotionally shut down and all of my current good enjoyment goes away. Such words can eat me alive for years.

Looking back, I believe that for *some* youngsters, if their original, inborn *goodness* is not drawn out, praised and affirmed by their parents, relatives, teachers, etc. – what can result, in time, is a personal *dishonoring* of goodness itself. That inborn quality remains in the child, but becomes much like an uncomfortable assortment of unnecessary weights. Sadly, goodness becomes an unwelcomed, unhealthy stranger, who eventually begins to rot. Unwanted goodness is put somewhere to be forgotten.

Consider this: in anticipation of a meeting with someone, I have found myself day dreaming how they might criticize me due to certain judgmental things which they have said to me in the past. As well, I have feared how others might do this that I have not even had this kind of trouble with before. Again, dread, fed by insecurities has nudged me on, deeper and deeper; prolonging mental and emotional misery.

This ugly part of me cannot be surgically removed by a doctor. I cannot take pills which will shrink it or make it die. Yet, it is a part of me which needs to die; be put in a prison or battled whenever it wants my attention or tempts me to speak ill. It is sort of like being an umpire of the world, God, other people's lives (my own included) in which I decide how they are doing and how they all *should* be scored. I know that I need to be more careful of what I say and judge my motives as quickly as I can, *apologizing afterwards when needed*. Living in the moment, remaining quiet, sympathizing or just complimenting someone in these situations would be a better. Isn't *that* how I would want to be treated? Improper thoughts need to be recognized for what they are and hidden away as damaging secrets would be, deserving to be locked up or disposed of privately.

Looking backwards in my life, there certainly have been people who I met which I would have liked to become friends with. I most certainly disqualified myself from some of their company. Because of this annoying, irritating and bothersome part of me, there must be friends or acquaintances of mine now, who keep a safe distance that I've never realized. These keep a "guarded" posture with me or they, also unknown to me, discharge sizable doses of forgiveness mixed with politeness whenever they are around me. Being overly-opinionated has a price, and I have paid more than I've known – for sure.

I do not want to be bothered with thinking critically. I would rather go neutral or *blank* in my head than have this know-it-all prideful attitude pop-up so often. I want to work on seeing the good elements of people, places or things. As the days go by in the years ahead, my conscience and God will show me how to "be", how to live better.

Also, in order for me to try to accept and understand other's decision-makings, I have to allow people to be as they are. I need to be more forgiving, say less and be a better listener. I need to sympathize, or just simply, *ignore* someone's foolhardiness when it is best to. The areas in people's lives I disagree with, I will probably not be able to change anyways. I have to work on what should or should not be said at these times. Remaining *silent* and simply moving on, can be the wisest course.

At times, I do have good guidance to offer and I have heard that from others. Yet, I have also given advice to people out of my *critical spirit* and mixed it in with wise advice.

It has been a hard struggle over the years, not to despise myself because of failures, regrets and inabilities. I have let others down when I have hid in my self-hatred, which is fueled by a recycling dose of self-revulsion. In my years, regrettably, I have learned ways how to greatly put others down. Goodness; applied goodness, would be a great replacement. I need to work on locating it, latching on to it and then using that trait.

I want to stop. I can use my mind for purposes other than paying attention to *what I don't like*, hard though that will be. To change, it will be a day-to-day and person-by-person process. This requires more than an inclination to discern how to use language and manage thoughts and emotions.

Over the years, I have hurt people. I have hurt those who have loved me, tried to love me and are trying to do so *now*. Sometimes I speak my mouthy thoughts; other times I silently criticize. It embarrasses me to even ponder the length of this long term problem; I am 52 years old. I have been tripped-up inside for all of these years.

Many times in my lame state, when attracted to what was good, I would *dishonor it* – while I actually desired to be *honoring*. In this vain, unsuccessful, ineffective manner, I mixed dishonoring with honoring in attempts to prove that I really was “good” deep inside. It has been like having a private misguided affair, which involved my polluting root, entwining itself with my virtuous flair of inherent goodness. My natural, original child (like) nest of fine qualities needs to be restored. Goodness which is one of these should be used as one of the pieces that is a substitution for my developed problematic, second nature, critical characteristic.

After this serious, revealing and lengthy explaining, I now want to write from an entirely different view on the subject of criticism. Since I am good at humor, I have added the following abstract pique to lighten things up a bit.

## **PART FOUR                      Criticism In A Humorous Overview**

Anywhere, Planet Earth

Whatever it is, whether a place, person or thing, everything has a target attached to it – because somebody, somewhere, will have something critical to say or *think* against at least some sliver of it. To be targeted, all you need to do *is exist*. This is a very important truth. The “**C**” word and its allies are used to *injure* any place, person or thing. The “**C**” word has no real worthwhile friends, but it does indeed have many acquaintances and numerous dark alliances. By your very existence, you and everyone else, has had at least one invisible target attached to them. Though unseen by human eyes, these bright red concentric circles, of varying sizes, are EVERYWHERE and for no “good” reason, literally! Just like Post It notes are found in busy offices, many people have a multitude of invisible, ill thought of notations attached to them.

A survey was recently undertaken by the United Nations in order to tally the actual, overall amount of targets on our entire planet. A super-intelligent and highly covert, alien race, from a galaxy really not that far away, was hired to do the job. An unnamed U.N. agency, hired these especially equipped, extraterrestrials, because they are apparently very good at taking censuses of the visible and invisible from orbit – and at very reasonable prices, too! Plus, for a small additional fee, these





finger pointing, heated or harmful speech, hurt feelings, lame excuses and talk behind someone's back – *to name a few.*

By the way, concerning this topic, the United Nations asked our friends from “Planet X” how, as a criticizing species, we ranked among their customers in other galaxies. Diplomatically, they declined to comparatively “rate” us, but simply let on that their “worker bee” style employees clocked in some “20,000 unexpected hours of overtime on this job.”

Their supervisor did offer these candid observations though – which were included in the original price. “The sizes and worth of targets are always *debatable*—that is until the person, place or thing, happens to be destroyed by an *opposing* person, place or thing. After that, REAL public debate begins. Talk shows will talk, news stations report the news, bloggers blog, websites compete for your eyesight, authors get book deals and sometimes even, movies are made about the whole affair and of course finally, human lawyers cash in.

“Your entire race is marked prey or fair game. Any neighbor could have a variety of different sized-targets assigned to them. These are visualized mentally, fueled emotionally and then verbalized by a parent, spouse or child. *Yet*, all of this un-neighborly collective griping wouldn't put a scratch on the accumulated bull's eyes that blanket who at the time happens to be the President of the United States.”

The End.

A story from REAL LIFE (that I made up!) This parody news story is for amusement. Any similarity to real people, places or things is fictitious and not to be taken as fact.

## **PART FIVE**

To recap: The “**C**” word, among other unpleasant uses, is utilized to hamper, discomfort, remove good, constrict, pinch, cause distress and, even in some cooked-up ways, create “specialized” stress (that one sounds especially dangerous to me!)

The negative thought-life in our minds consists of a variety of items. Some might be lightly floating just below the surface (right behind the eyeballs) while others are well-aged, deep and sinister. Yet, each one of these is ambitious and has a jagged edge desiring to be used in a potential attack.

The opposite of the “**C**” word is: accepting, complimenting, encouraging, building, healing, apologizing, giving and such things like that. *Not bad stuff really!*

## Descriptions and Explanations of Criticism

The following list takes 70 stabs at who, what, why, how and when criticism exists. It may appear redundant but each takes on a slightly different facet of truth. This encyclopedic approach is intended for individuals, discussion groups or for teachers in educational settings.

Entries will not make sense or hit home for all. For others it will be like a helpful light exposing where only pain has existed. Specifically, as I stated at the very beginning of my essay, some readers might see how they communicate or how others communicate with them. Bear in mind, most people are not aware of how much **criticizing** they do. You may seek to make needed changes afterwards, allowing forgiveness and correction to be properly applied.

Criticism has a spectrum of many roots, expressions and goals. So, this list tries to describe the reasons for and motivations fueling this common activity, along with the resulting array of damages.

Importantly, the word *criticism*, used in this list, can also be substituted with other words of similar negative human characteristics and many of the descriptions and explanations will be applicable.

**Criticism-** can make an injured person dig an internal cave or construct a dark, secret room in their heart where they go and hide with their self-loathing, self-hatred, embarrassment with the disgust of themselves and others. This hidden room is a place where the person despises having to suffer one more day of this life just-like-the-last, expecting it to go on endlessly. Disappointment seals such doors from the *inside*. The lock can consist of a multitude of harsh memories lashed together with hatred and shame. Sadly, if for only short periods of time, this person may otherwise *never* lose the awareness of these thoughts.

**Criticism-** aims at producing an effect or change upon someone. It seeks to hinder, obstruct and lessen a person's usefulness. It desires the person to doubt their decisions and decision making skills.

**Criticism-** is like a personality getting dented. It is an attempt to control and damage others by shaming. It is a desire is to get them to forfeit some of their life and relocate it under the shame-givers feet.

**Criticism-**will aggravate, rot and eat away at the soul, heart and mind. It seeks to rob someone of hope.

**Criticism-** manipulates, wanting to cause the *relinquishing* of goodness for *falsehood* and exchange it for what is simply not genuine.

**Criticism-** is the unraveling and undoing of life, which few ever end up putting back into its proper place later. Many try to re-ravel, so to speak, but do it poorly.

**Criticism-** will cause a person to become changed from who or what they were supposed to be. Because of these changes, they are lured into being how they were never meant to exist or function. Then the diminishment of inherent human wholesomeness blurs life's road signs. Wrong directions are taken and

dangerous avoidable accidents occur. Traps and snares are not seen for what they are and *where they truly lead*.

**Criticism-** is like destructive skin abrasions or openings made by smacks, slaps, thumps or shootings. To stop the bleeding and ease the pain, an injured person will try to fill the puncture wounds with whatever is handy. If nothing is found close by, the injured goes looking for whatever might make them feel less pain by stuffing that substance in.

**Criticism-**is expressed by those who have been mis-treated.

**Criticism-** puts a crease in a soul, cuts in others and splits some people into two. At its worst, a person becomes lost within themselves, making their soul into many sub-divided, shredded slices of personalities.

**Criticism-**requires givers, takers and permanent owners. Givers of “C” bombs, many times do so while emotionally limping inside themselves. Reoccurring sudden bursts of memories, which are without relief and never forgotten, can cause immediate or delayed fatalities.

**Criticism-**will break down the door to enter someone’s place of refuge. This is motivated by a jealous emotional greediness and or enjoyment in ruining something which the criticizer does not have.

**Criticism-** is an outlet of displeasure, anger, vengeance and mischievousness.

**Criticism-**is domineering, and takes pleasure in sticking it to someone and hopes that they get stuck there. Many satisfied criticizers will not even turn around to view the damage they have inflicted.

**Criticism-**is motivated by jealousy and disrespect for people who do things the right way. It dishonors good character and reputation, while it also makes fun of respect. It mocks and chisels away at honorable sincerity. Cheating and trickery are used.

**Criticism-**is motivated by jealousy of others who are happier and more successful. Jealousy and envy will spawn or breed various layers of criticism.

**Criticism-**sees politeness as a bothersome nicety to be brushed aside and is only eyed as an obstacle to be spit upon or disdainfully ignored. Otherwise, it lowers the criticizer to a mere temporary, artificial, level of civility.

**Criticism-**targets people who, due to how they were treated by others (in the past) wear their shame like a piece of daily clothing. Shame (like a living thing) seeks to re-create shame; whether inward or outward.

**Criticism-** due to a pattern of viewing others negatively, walking through life can be like holding an increasing, variety of weights.

**Criticism**-is antagonistic and promotes contention due to exalting one's opinion and one's self over others. This self-importance also involves self-flattering, competitively measuring one's self in a biased way, plus thoughts of desiring unhealthy superiority over others. Self-defensiveness of these characteristics utilizes criticism.

**Criticism**-attempts to put a verbal hangmans' noose around someone's neck.

**Criticism**-is done to discourage, wear down and weaken or emotionally cripple someone in minor or major ways. It tirelessly perpetuates itself, repeating new or old statements of memories and incidents wished forgotten. It is also done to verbally tear or claw at a person's heart. At its worst, it is a horrible mis-use of communication and can stick with a person scaring them for the rest of their life.

**Criticism**-hopes to demolish the good feelings of excitement that a person had received, which came as a benefit for a good deed they had done. It is expressed in hopes to sour pleasant circumstances, dim pleasure, appreciation and authentication.

**Criticism**-drains creativity and deflates good momentum. It seeks to lessen someone's honorable authority and power.

**Criticism**-needs little information to forecast or predict a negative outcome.

**Criticism**- seeks to pollute or dilute a compliment given to another.

**Criticism**-will recount problems that have negative, painful or unpleasant controversies ingrained in them. It will cause a person to re-hash memories of upsetting circumstances in an endless cycle which cause only destructive responses or solutions. This can be done one person to another or simply in one's weary mind.

**Criticism**-is used as a tool to manipulate, be mean, disrespectful, tease, slam, torment, afflict, agitate, add misery to and make sorrowful.

**Criticism**- seeks to stir up and then dislodge security. It invalidates causing a wavering of confidence.

**Criticism**-casts an imprisoning, restricting net over matters where there is goodness, mercy, kindness, justice, honor, compassion or wholesomeness.

**Criticism**-is coarse talk or jesting fueled by suspicions or rivalry.

**Criticism**- inspirers pioneering of how far one can go, what they can get away with in old and new relationships.

**Criticism**-requires skilled aim to reach the target. Sloppy practice though perhaps inefficient, is common and acceptable; sophistication is not required.

**Criticism**-wishes ill and exposes an evil disposition when it rejoices in the misfortunes of others.

**Criticism-** It enjoys seeing/noticing the faults of others and will go out of its way to see them brought to light for ill purpose. It re-exposes: degrading, regretful, suspicious, embarrassing and forgotten behaviors in an effort to harm someone or their *reputations*. Criticism will twist someone's words or state, in order to shame them.

**Criticism-**embarrasses someone so they feel alone, stained, infected, stupid and unwanted.

**Criticism-**can create a grievous blockage or wedge and then position it into a relationship.

**Criticism-**can thrive on making frivolous objections. Also, it can pretend ignorance with the intention of irritating.

**Criticism-** represents a trifling or slightly embarrassing matter with confident *exaggeration* to give it mock dignity or fake importance.

**Criticism-**is invasive; putting your nose where it does not belong or inserting unasked for advice in order to show that you know more/better than they do – no matter what the damage is to their feelings.

**Criticism-**of yourself will leave you downtrodden. Harsh, ruthless, self-inflicted victimizing results in leaving no love of yourself. There can be mental brutality mixed with a scornful desire to destroy ourselves after hateful self-inspection. It makes a person scrape away or gouge at their own insides and also try to do the same to others.

**Criticism-**projects on to *others* the unworthy, self-indignation one feels.

**Criticism-**uses humor by making sport or mocking a person. Laughter in the form of jesting, jeering, satirizing, spurning, ridiculing and despising is used; being fueled by bitter roots. These spoken words can be subtle, cloaked, camouflaged or obvious and outright. Criticism creates laughter at the expense of others. It involves making fun of someone's pain.

**Criticism-**uses humor as a controlling, manipulative activity without revealing the subtle contempt aimed at those provoked to laughter.

**Criticism-**loves having an audience, because it seeks to rally listeners around its' ideas. It thrives on interrupting someone who is speaking and disrupting conversations; especially mature discussions.

**Criticism-**is fueled by contradictions, bluffing, opposition and immorality.

**Criticism-** A person will use their wits, wisdom and intelligence to further a dark, serious matter being used in crass ways, to create false guilt.

**Criticism-**is complaining, picking at, nagging, goading, grumbling, expressing dissatisfaction, annoyance – *mixed* with bitterness.

**Criticism**-uses sly *twists* in order to cloud behavior that is disrespectful, arrogant, insulting, jabbing, inconsiderate, contemptuous or undermining. Speaking in a slighting manner, it introduces partial truths in ways meant to deceive or deflect responsibility.

**Criticism**-will expose faults or errors, seemingly to defend them, but done so with comic means, intended to deliberately to achieve the exact opposite.

**Criticism**- can be a result due to apparent goodness not being appreciated, accepted or acknowledged.

**Criticism**-is done to disgrace, taunt, disregard, depreciate, and promote apprehension. Also, to connect someone to something inferior, ugly or of an injurious comparison in order to undo established good.

**Criticism**-is sometimes expressed when people witness a tragedy and react by faultfinding and accusing instead of showing compassion, care and expressions of sympathy.

**Criticism**-is an element that fuels rumors, gossip and bickering.

**Criticism**-boasts, and makes presumptions with an air of authority.

**Criticism**-is speech done in a thoughtless manner without discretion, taste or tact.

**Criticism**-can be the evidence of a stony, hard heart.

**Criticism**-comes from stock piling memories of painful judgments, hurts, disappointments, etc. without *forgiveness* towards those responsible.

**Criticism**-prolongs resolution from being reached and reconciliation embedded.

A **critical** heart grants freedom to and lack of restraints to hostile thoughts.

A **critical** heart gives birth to a maternity ward full of unwanted tainted thoughts that will never mature into healthy usefulness.

**Critical** thinking/speech seeks to break what is not broken and break into pieces what has only suffered a fracture; attacking accomplishments.

**Criticizing**-others is a hard way to live.

**Criticism**- is conceit which has been fueled by self-important, over-analytical thinking.

**Criticism**-can occur in the face of intolerance.

**Criticism**-fueled by pride, makes a way for hurting others as acceptable collateral damage.

**Criticism**-is an enemy of rest and peace.

**Criticism**-has been the heartbeat of some families – even for generations.

**Criticism**-will insinuate and make snide implications in order to win *points* in a matter.

**Criticism**-mocks authority, undermining it by taking pot shots and hurling insults – whether done while in public view or in unseen locations. It will spread mis-information, masking it as if it had been hidden truths which were smuggled away and can now be made public.

**Criticism**-can occur as a response when viewing someone trying to be helpful. Because it draws attention to or exposes needs, weaknesses or inabilities.

**Criticism**- can be like venom spewed from the lips of someone wanting all the credit for an action or accomplishment.

## **PART SEVEN**

Prayer and His daily mixed-in nudging of my conscience, will guide me away from this blemished, unfortunate routine and into more honorable living – where I treat people right – whether they know it or not at the time. I plan on breaking this habit of invoking criticism and the barbed banter it gives birth to. In order to replace it, I will need to stop seeing all people as potential targets or accomplices. This mischief will also die by communicating honestly with plainness of speech and respect out of a newness of unencumbered motives. Maturity, though requiring curing time, will fit nicely in the place originally reserved for it. Of course, the less people I interact with daily the less mouthy I can be. Yet, less interacting does not exclude me from being critically absorbed in some small matter in a larger, dis-proportionate, destructive way. But on the other hand, the more interactions, the more readily change can take place. Via wholesome intent, I will discover the proper use of language and navigate through the more appealing choices of speech.

In this very large soup mix of language, I have worked hard to stay afloat, as I have kicked and splashed others while ladling and saturating myself with ill-speech and ill-thoughts. I am now attempting to swim, eyes ahead, towards the visible shoreline to get out; *finally get out*. Once there, I will lie down, drying off on the warm sand; then close my eyes because of the brutal sunlight of truth...and wait on the beach for the first person to pass by.