

## **Advantages and Disadvantages** <sup>[1]</sup>

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This may sound surprising, but self-criticism is not necessarily an unproductive behavior. As most of our mental processes, it has both advantages and disadvantages.

It is important to take a more detailed look into the way you criticize yourself and see if, in your personal case, the disadvantages outweigh the advantages. It is in those cases that we need to gear our efforts toward building a more productive inner self-critic, one that doesn't destroy our self-esteem, mental health and relationships.

### **Advantages**

Self-criticism can serve a purpose by increasing self-awareness and ensuring personal growth. It can help by facilitating the process of learning from one's mistakes. It also proves to be useful when one attempts to overcome one's areas of weakness or unwanted behaviors.

### **Moderation Is Key**

An inner critic comes in handy when you need a push to get out of bed in the morning, ensuring you get to the gym and finish work prior to the deadline. Administered in moderation, self-criticism holds the key to a better self and overall life.

### **Disadvantages**

Despite several of its advantages, self-criticism might prove detrimental to one's self-esteem. It may further prevent the individual from taking risks, asserting own opinions and believing in oneself and one's abilities.

### **When to Change**

In higher doses, self-criticism can hijack your feelings by its harsh judgement and unrelenting fear. It is for people undergoing these effects of self-criticism that this course has been designed for. However, it is also for those who'd like to better understand and help someone who is negatively criticizing themselves.

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