

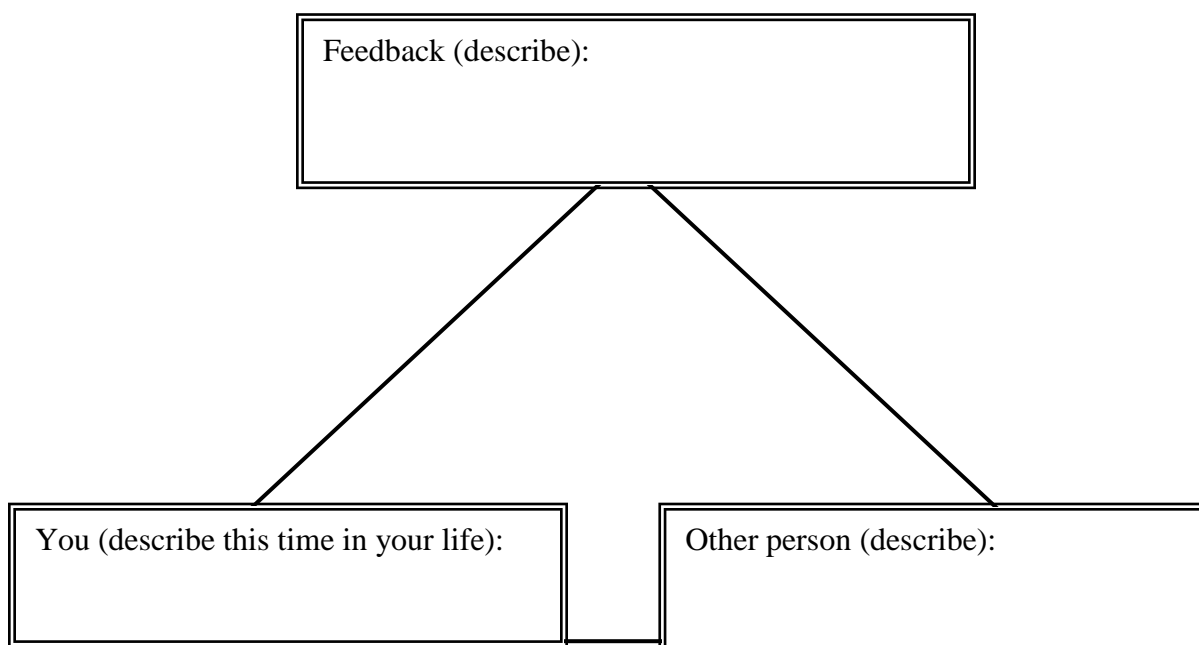


7.13 Responding to Difficult Feedback Worksheet

Try This!

Review the “Responding to Difficult Feedback Handout.” Discuss an instance when you received hard feedback or criticism. How did this feel? How did you respond?

Write the topic and briefly describe the feedback in the box following. Write how you would describe yourself when you received this feedback. Briefly describe what you know about the other person related to the feedback you received. Imagine a triangle of three entities and picture you both staring at the feedback or criticism, the third point in the triangle. The intent is to focus on the comments and resolution rather than staring at each other, where one person has to be wrong. Map out this encounter using the triangle below.



Discuss the **AAA (Acknowledge, Ask for More, Add Your Own)**.

- ☐ How did you or could you have acknowledged this feedback?
- ☐ Did you ask for more? How could you have done this?
- ☐ How did you respond back? Did you add your own point of view? Was this successful?
- ☐ Discuss the other ideas related to responding to feedback.
- ☐ Share another example in your life when you received difficult feedback and what you did with this.