**Feedback Receiver Activities**

**Activity 1**

On a scale of 1 to 4 with 1 being the lowest and 4 the highest, rate the quantity and the quality of the feedback you get. If it helps, select a particular context (like at work or at home) or in a relationship with your significant other, supervisor, or a good friend.

Appreciation 1 2 3 4

Coaching 1 2 3 4

Evaluation 1 2 3 4

You have now evaluated your feedback diet. Now give yourself some coaching.

What kind of feedback would you like more of in this relationship or context?

Who might be able to provide you it that feedback, and how might you go about asking for it?

**Activity 2**

Think of some advise, suggestions, and coaching you have received in the past that you rejected. Feedback you didn’t take. Why didn’t you take it?

Think about a time you received specific feedback and it was a positive experience.

Take 3 to 5 minutes to tell you lab partner about your responses.