Giving and asking for feedback

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Giving feedback is the act of verbally letting the other know how his actions affected you. Being open to receiving feedback means you are curious about and willing to hear how your actions affect other people. Most people don't get very much valid feedback in their daily lives, and they long for it.

Quiz (1=usually not true, 5= mostly true of me)

1. People rarely give me feedback about how my behavior affects them.

2. I do not ask people for feedback about how my behavior affects them.

3. If someone does give me feedback and I 'm unclear about what they mean, I wouldn't ask them to be more specific.

4. I do not offer feedback to others.

5. I have never really benefited from feedback.

6. If I get negative feedback, I go into a self-critical, self-doubting mood that can last all day or longer

7. If I get negative feedback, I usually just think "That's their problem".

The lower your score the better you are at welcoming feedback. See Getting Real page 94 for detailed scoreing.