

# Receiving Feedback

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**01**

Have you ever received feedback that made you feel proud? Might you be open to sharing that story?

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**02**

Has receiving feedback made you feel defensive? Why did your defensiveness arise?

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**03**

How do you distinguish between constructive criticism and personal attacks?

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**04**

What strategies do you use to remain open and receptive to feedback, even when it's hard to hear?

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**05**

How do you manage your emotions when receiving feedback?

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**06**

Can you recall a time when you received feedback that led to a significant personal or professional change?

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**07**

Do you seek clarification when you receive vague or confusing feedback? If so, how?

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**08**

How do you determine if you should act on the feedback you receive?

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**09**

Have you ever received feedback that you disagreed with? How did you handle this feedback in the moment?

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**10**

Do you show appreciation for feedback, even when it's critical? If so, how? If not, why not?

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