

# MANAGING REACTIONS TO FEEDBACK

These questions will help you **make the most of any feedback** you receive.

**KEY FEEDBACK  
MESSAGE:**

**WHAT ABOUT THIS IS TRUE?**

**WHAT CAN I LEARN FROM THIS?**

**HOW CAN I VERIFY THE VALIDITY  
OF THIS FEEDBACK?**

**HAVE I HEARD THIS FEEDBACK  
BEFORE?**

**WHAT IS IN MY CONTROL TO  
CHANGE?**

**HOW COULD I CHANGE MY  
BEHAVIOR MOVING FORWARD?**

**IS THIS FEEDBACK BASED ON A  
SUPERVISOR PREFERENCE?**

**IS THIS FEEDBACK BASED ON A  
TECHNICAL/SKILL ISSUE?**