

How to Receive Feedback More Effectively?

→ 8 Strategies

1. Ask what the new behavior would **actually look like**. What does “be more assertive” mean? Where is coming from, where is it going?
2. **Supportive Mirrors vs. Honest Mirrors**
3. Ask “**What’s One Thing?**”
4. Watch for **Switchtracking**
5. Give yourself a **second score**
6. Move from “**Wrong-Spotting**” to “**Difference-Spotting**”. “What’s Wrong With This?” to “What Might Be Right?”
7. Clarify and **SHARE** your **personal feedback profile** – when, where, how
8. Without commitment, “**try it on**”. Note the “J” curve