



quick
tips

ideas to help you LiVe happy



Receiving feedback from others can be difficult, especially when it feels like unfair criticism. Here are some tips to receive feedback graciously.

Receiving Feedback Graciously

TIPS TO RECEIVING FEEDBACK GRACIOUSLY:

- Considering feedback from others can help us grow and improve, but it will always be our choice to change.
- When approached, be careful to not become so defensive that you fail to listen to the communication.
- Ask for specific behaviors and examples that will help you understand what the person is trying to express or request.
- Ask for time to consider the feedback before responding. Take a couple of hours or days to weigh the information and determine your response.
- As you evaluate the feedback, beware of exaggerating the criticism or over-generalizing.
- When responding to feedback, you have many choices. You can agree to the feedback and change, you can disagree and not change, or you can agree and not change (this is called “fogging”). Remember, you are the one who determines how you will respond to feedback.
- If criticism is given to you in an indirect manner, help the person communicate more directly with you by being direct with them.
- Receiving feedback graciously requires practice. Practice builds confidence and self-esteem.
- You have a right to be the final and sole evaluator of your behavior.

• • •
For more information or free counseling call Intermountain EAP at 1.800.832.7733.

Visit our website at
intermountainhealthcare.org/eap