## DIFFICULT FEEDBACK PREP

### 4 MY PURPOSE-MAKING GOOD

What is my intention for the other person? What care? For our team and projects? Why would I be ready to take a risk with my fears and images?

What can help me reconnect with an intention to leave the other person with a sense of inspiration and empowerment?

#### 3. MY EGO THREATS

How am I taking this personally or filtering this through my biases? How is my Ego threatened? Check my ID Card. (look for direct threat or threat by association).

#### **5 LEARNING FRONTIER**

Drawing from the observable behaviors I see, what tendency or Neutral Growth Conclusion can I offer? What might we explore together that could open up a learning reflection for the other person?

State it humbly, and ask "what do you see?"

## **2 OBSERVABLE BEHAVIORS**

The Data Points...

What specific behavior(s) or incidents am I basing these conclusions on? Try to point out at specific but recurring events.

**CAMERA CHECK!** 

## 1 "FIXED" CONCLUSIONS

What are my conclusions, beliefs and judgments about the person? Look for beliefs that have a making-the-other-person-bad vibe to them, but also look at conclusions that don't have that emotional charge but are just feel "fixed" about the other person.

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What is the impact on me? On our relationship and projects? What is at stake?

What conclusions or reputational impacts (see 1) may come out of 2 & 5? (State as explicit belief, not fact.)

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