

Discussion Preparation

Preparing to receive feedback...

*Do I **want to hear** challenging things? (If you don't, what makes you think **they do**?)*

*Do I **invite** others to be honest with me?*

*Am I prepared to say "**thank you**" for the feedback - even if it is delivered poorly?*

Preparing to give feedback...

*Have I been **invited** to share my thoughts and/or feelings?*

*What am I **afraid** is going to happen if or when I share?*

*Am I prepared to invite the other person to respond **however they are able**?*