HANDOUT:

Language of feedback

TASK 1

Respond to unclear statements to receive precise feedback.

"That was boring."

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"I don't understand why we're doing this."

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"Do we have to work in a group again?"

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"It's nice that you're trying, but it didn't quite work out."

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"Well, I don't know, it's all weird."

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“I already knew that.”

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TASK 2

Identify possible emotions and needs that might have been behind the statement. Rewrite unclear statements into more constructive, empathetic feedback language following the scheme: When [situation], I feel [feeling], because [need].

Example:

"That was boring."

Possible Emotion	Possible Need	Constructive Reframe Example
Frustration	Stimulation, novelty	**"When activities are repetitive, I feel disengaged because I need variety."**

"I don't understand why we're doing this."

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"I don't like talking to strangers"

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"It's nice that you're trying, but it didn't quite work out."

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"Too many slides. I stopped listening"

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"I felt like a waste of time"

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