

Feedback Processing Journal

When you receive feedback, fill this in within 2 hours (not immediately).

Section A - The feedback, verbatim:

Section B - What I heard (my emotional interpretation):

Section C - What was actually said (factual, no adjectives):

Section D - One concrete action I will take:

Section E - What I will NOT change (to resist over-correcting):

Re-read Section C after 24 hours. Most RSD spikes soften by then.