



Your Daily Practice

Episode 31

How to Give and Receive Effective Feedback
With Dr. Abby Diehl and Dr. Diana Hill

Feedback is a daily part of our lives and relationships with others. We often focus on improving our skills to give feedback to others. Rarely do we focus on how to receive feedback to improve our lives and the lives of those around us. How do you begin to practice the art of receiving feedback? How do we use psychological processes to enhance our ability to give and receive feedback? In today's daily practice, you will try on new ways to relate to feedback in your daily life.

Practices to try this week

1. **Pick a context or relationship in your life** where you would like to grow. Decide if you would like appreciation, coaching, or evaluation feedback. Practice by asking for the specific type of feedback you desire.
2. **Give feedback to someone else in your life** by asking for what type of feedback (appreciation, coaching, evaluation) they would like to receive. Slow down the conversation enough to ask them how that experience felt for them.
3. **Leave feedback for Diana or Abby** on Your Life in Process social media platforms. What would you like to see next season? What are areas where the show might grow?