

Receiving feedback can be challenging, but it's crucial for growth and improvement. According to the video, instead of directly viewing the feedback without any awareness, we should first identify who gave the feedback and what it's for. Usually when we are asking someone to offer their feedback, we would like to gain some suggestions in order to help us improve. Understand that feedback is about the work, not your worth as a person. It's about improving your output, not judging your character. Therefore, we should reframe the feedback as an opportunity for growth instead of thinking as criticism.

Sometimes mental status makes us more sensitive to others' feedback. At this point, we can definitely take a step back and think about what we've already accomplished and wait a little bit to open that "box". When we feel more like to embrace the discomfort, we can value it as a necessary step towards progress.

After we recognize the purpose and provide, we can start unpacking feedback, we can pay close attention to the feedback, taking notes if necessary to organize. Seek specific examples or details to better understand the feedback. This helps in identifying the exact areas needing improvement. We can also ask the provider for clarification or double check with them if we understand the suggestions fully. Analyze recurring feedback across different sources. If multiple people mention similar issues, those are likely areas that require attention.