

## LiSYS 2023 Month #9

### *Giving and Receiving Impersonal Feedback*

This month we are going to finish our work on assertiveness. Focusing on the impersonal aspect of feedback, we are going to add giving negative feedback into the mix.

For this month, please do the following.

1. **Meditate:** Awareness of breathing or metta meditation for yourself. Choose one option and stick with it for the entire month. This general class of meditation is called samatha, concentration, or serenity meditation. A half-hour per day is a recommended target.
2. **Read:** Read through the remainder of the [Assertiveness Workbook](#) by Randy Paterson, Chapters 12–16.
3. **Giving and Receiving Impersonal Feedback:** As a daily practice, we are going to work with giving and receiving feedback, both positive and negative. Since negative or corrective feedback can be challenging, let's start out small (as in Ch. 12, *The Assertive No*, and Ch. 13, *Making Requests Without Controlling Others*), and leave any significant engagements until after we have studied conflict resolution.

Throughout our day, we will attempt the following:

- When receiving feedback, either positive or negative, practice routing it to the nearest impersonal factor or quality. Be aware of the potential for insults or unwanted compliments that need to be addressed directly.

- When giving feedback, either positive or negative, practice directing it to the appropriate impersonal factor or quality. Avoid personal insults as well as personal compliments. Practice finding ways to voice your opinions.

4. **Connect:** Halfway through the month, spend 1.5 hours chatting with your small group about how the meditation and the giving and receiving of impersonal feedback are going for you, noting any challenges you are facing. A suggested discussion topic is the “Barriers to Saying No” and “Strategies for Saying No” in Ch. 13. The last 30 minutes can be an open discussion of topics relevant to the course.