



Growth Mindset – Self Reflection

Being on the receiving end of feedback can be difficult. When we hear what sounds like criticism, many of us tend to take it personally, it feels like we are being evaluated personally rather than our work. Many of us become defensive and bat the feedback away. However, feedback can open us to the possibility of growth and self-improvement; adopting a growth mindset in the context of criticism enables us to view this criticism as valuable feedback.

This exercise explores how to reframe the experience of feedback as an opportunity for growth and learning.

1. Reflect on the situations that trigger oversensitivity.
 - a. Think of a situation in your recent past where you were oversensitive to feedback. Describe the situation including who else was involved, how the feedback was received, and what you did.
2. Adopt a growth mindset to counteract the oversensitivity.
 - a. Consider the idea that the feedback is valuable, offering you the opportunity to improve yourself. How can you reframe each experience of feedback to become an opportunity for growth and learning?

Example

SITUATION	FEEDBACK RECEIVED	MY THOUGHTS AFTER THE FEEDBACK WHAT I DID	OPPORTUNITIES FOR GROWTH AND LEARNING
Received negative feedback about my public speaking skills from an audience member.	Was criticised for not being as good as a previous speaker and not appearing confident.	Felt ashamed, disappointed in myself, and had trouble sleeping as I couldn't stop thinking about the criticism.	I could dedicate time to improving my public speaking skills, so I come across more confidently next time. I could see this as an opportunity to practice acceptance and self-compassion.



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