

Unhooking from Praise & Criticism



Four R's Journaling Worksheet

Identify the feedback situation

(i.e. boss said I'm too focused on technical, or customers didn't buy new product)

Step 1—Reframe:

If you interpret this feedback as information about the person/people giving the feedback, what might this tell you about their preferences, priorities, or perspective?

Step 2—Assess Relevance:

Is their feedback relevant to me?
Is it useful in helping me achieve my goals?

Step 3—Revise Your Approach:

If so, how can I revise my approach to incorporate this feedback?

Step 4—Tend to Relationship:

Are there any relationship pieces around this feedback that I need to tend to, such as boundaries, processing my own feelings, or making requests?

For more resources for your wellbeing, visit Tara Mohr's website at taramohr.com or get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*.