

Accepting Negative Feedback Graphic Organizer: Chart (Example)

Feedback	What I'd like to do	Consequence	What I should do	Consequence
Told I made mistakes on the math test	Yell <i>"I did not!"</i> Cuss them out	Sent to the office Suspended Feel embarrassed and ashamed	Take a deep breath Say, <i>"Sorry about that, can you show me where?"</i> Correct the mistakes	Get a better grade Teacher is impressed with my maturity Proud of myself
Told I wrapped the silverware incorrectly	Throw the silverware Yell, <i>"I quit!"</i> Hit him	Sent home Fired from the job Arrested for assault	Stop and count to ten Say, <i>"I'm sorry, could you show me how again?"</i> Redo the silverware	Boss is impressed that I am a good worker Maybe get a good review Proud of myself