

Handling Mistakes script:



Pause, take a deep breath

Apologize



I'm sorry.

Ask, "What would you like me to do?"

Say, "Ok," and try the new way

Handling Mistakes script 2:



Take a deep breath



Think: "Everyone makes mistakes. It's ok."

Say, "Oops"



Oops!

Try again

Handling Negative Feedback script 1:



With Supervisor, STOP!

- Remind yourself to stay calm
- Label the problem. Repeat it back.
- Ask what you can do instead.
- Try to go back and fix the task

Handling Negative Feedback script 2:



- Listen!
- Remind yourself to stay calm
- Label the problem
- Who is saying this? Is this my boss or Sara (experienced co-worker) or Josh (job coach)?
- If no, go back to work or ask boss for help.
- If yes, ask what you can do instead
- Try to go back and fix the task

Handling Negative Feedback script 3:



- Listen carefully
- Make no excuses
- Say one thing:

Choose: 'Thanks' or 'Let me think about that'

• Then: Choose one or more:

Ask for help (Talk to _____)
Apologize

Follow the suggestion/Correct the mistake

Remember: There is more than one right way!