

Handling Negative Feedback

Sometimes a person will tell us something that we did wrong. It may hurt our feelings, or make us feel angry. It is important to stay cool when we receive negative feedback. If we respond by losing control, yelling at the person, or causing damage, we could be suspended from school or fired from a job. Our friends and co-workers will not want to be around us.

When someone tells me something I did wrong, **I will try to stop, take a deep breath, apologize, ask how the problem can be fixed, and then try to fix it.**

If I follow those steps, I will not be suspended. Learning to do this can help me keep a job. Other people will be impressed with my maturity.