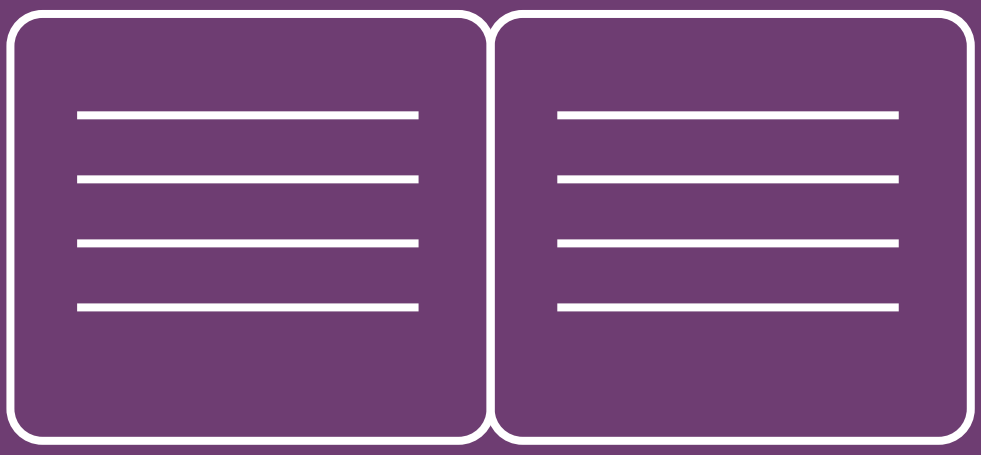
BOOKCHOWK / PRACTICAL MINI BOOKS

Feedback Without Losing Your Voice

A workbook for sorting comments into useful next steps



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10 focused pages + editable companion | 22 October 2026

One useful result

A workbook for sorting comments into useful next steps. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Pause before deciding what it means

2. Ask for an example and a standard

3. Choose what to use

4. Close the loop with a small experiment

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

For personal learning and household use. Adapt the examples to your circumstances.

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Pause before deciding what it means

A comment can feel like a verdict on you even when it concerns one piece of work. Write the words you actually heard before interpreting them. Separate observation, inference and emotion. You do not need to agree immediately or answer every point at once. If possible, ask for time to review a detailed comment.

Worked example

“The report was hard to follow” is the comment. “I am bad at my job” is an interpretation. “I feel embarrassed” is an emotion. Only the first tells you what to clarify.

Try it now

Record a low-stakes comment. Make three columns: exact words, my interpretation, my feeling. Keep them distinct.

NOTICE → CHOOSE → TRY → REVIEW