

## Worksheet on Introduction to Giving Constructive Criticism

Please complete the following worksheet on Giving Constructive Criticism to identify effective ways you could give constructive criticism to another person in each of the scenarios described. Return this worksheet to your assigned therapist when you meet with him or her.

1. Read this scenario and respond in terms of giving constructive criticism to your friend.

You and your friend are riding in your car. She opens your glove compartment, goes through your CDs and starts to put a CD in the player after you had just tuned the radio into your favorite station. She did not ask permission and you were angry. How would you respond to her, given the constructive criticism guidelines?

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2. Can you identify a recent incident when you used constructive criticism? How did the interaction work for you?

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