
Day 24: Feedback Without Fear

Today's Focus: Transform your relationship with criticism and feedback

Time Commitment: 20 minutes

Core Exercise: Feedback Processing Practice

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Failure Reframe Check:

How did yesterday's failure normalization exercise affect your mindset?

Understanding Feedback Fear (4 minutes)

Many avoidance procrastinators delay starting or completing tasks because they fear receiving criticism or feedback.

Your Feedback Patterns

Complete these sentences:

"When someone gives me critical feedback, I usually feel _____"

"The type of feedback that triggers me most is _____"

"I tend to avoid situations where I might receive feedback when _____"

"The last time I received difficult feedback, I responded by _____"

Feedback Fear Scale

Rate your fear level (1-10) for these feedback scenarios:

Performance review at work: _____

Friend commenting on your appearance: _____

Online criticism of something you created: _____

Teacher/mentor giving suggestions for improvement: _____

Partner discussing relationship issues: _____

Medical professional discussing health concerns: _____

Highest fear scenario: _____

Why this one triggers you most: _____

Main Exercise: Feedback Reprocessing (12 minutes)

Step 1: Feedback Archaeology (4 minutes)

Think of recent feedback you've received (last 3 months). Pick one example that felt difficult:

The feedback: _____

Who gave it: _____

Your immediate reaction: _____

Now analyze this feedback objectively:

Delivery style: (Harsh/kind, detailed/vague, public/private)

Content accuracy: (Completely true/partially true/completely unfair)

Helpful elements within the feedback:

- ---
- ---

Unhelpful or unfair elements:

- ---
- ---

What the person might have been trying to help you with:

Step 2: Feedback Processing Framework (4 minutes)

For any feedback you receive, use this framework:

SEPARATE:

- Content (what was said) from delivery (how it was said)
- Facts from opinions
- Helpful information from unnecessary harshness
- The message from the messenger

EVALUATE:

- Is there truth I can learn from?
- What's my emotional reaction vs. logical assessment?
- How much weight should I give this source?

RESPOND:

- Thank them for their intention to help (even if poorly delivered)
- Ask clarifying questions if needed
- Take what serves you, leave what doesn't

Step 3: Feedback Immunity Building (4 minutes)

Practice this feedback reframe:

Instead of: "They think I'm terrible at this"

Try: "They see room for improvement"

Instead of: "I'm being criticized"

Try: "I'm getting information about their perspective"

Instead of: "This means I should give up"

Try: "This shows me what to work on"

Your personal feedback reframes:

Old thought: _____

New reframe: _____

Old thought: _____

New reframe: _____

Feedback Practice Challenge (1 minute)

This week, actively seek feedback on something small:

What will you ask for feedback on? _____

Who will you ask? _____

How you'll prepare mentally: _____

Courage Journal Entry (1 minute)

Today's courageous act: _____

How my relationship with feedback/criticism is shifting: _____

Tomorrow's Preparation

Tomorrow we'll work on building tolerance for uncertainty, another major trigger for avoidance.

Feedback Freedom Thought:

"Feedback is information, not judgment. I can take what serves my growth and leave what doesn't, while appreciating the intention to help."
