The authors point out that we are extremely good at wrong spotting—figuring out what is wrong with the feedback we’re given. The problem is that we will *always* be able to find something wrong with the feedback. But that doesn’t mean that there isn’t also something that might be right about it, and might warrant some further thought and prayer.

Think of an example of frustrating feedback you have received. Sort through the feedback by using the boxes below to acknowledge what you feel is wrong with the feedback. Then also ask yourself these questions—*what might be right about the feedback? In what ways might this feedback be valuable to me?*

What’s wrong with the feedback?

What might be right & valuable about the feedback?