Feedback Containment Chart

Filling out a “Feedback Containment Chart” helps you to see the feedback, while at the same time helping you to contain it so you don’t exaggerate it. Asking, *what is this feedback not about?* gives you a structured way of staying balanced (173).

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| **What was the feedback?** | **What is this about?** | **What *isn’t* this about?** |
| “Your Home Church teaching needed an antithesis. It was boring.” | Example:  Whether I failed to have a burden | Whether I am a complete failure  I am boring |
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