

# Feedback questionnaire

## How good am I at giving and receiving feedback?

For each of the questions below, rate yourself by putting a number in the box on the right. If you have never been in a particular situation before, rate yourself on how you think you would behave.

Use the following rating scale:

- |   |                                      |
|---|--------------------------------------|
| 1. I never feel or behave like that     | 3. I often feel or behave like that  |
| 2. I sometimes feel or behave like that | 4. I always feel or behave like that |

1. A boss or other person in a position of authority tells you that you are looking tired and unwell. You thank them for looking out for you.	<input type="radio"/>
2. A boss or other person in a position of authority tells you that you are looking tired and unwell. You are immediately suspicious.	<input type="radio"/>
3. A boss tells you that you need to make more of an effort to get on with others at work. You become defensive and immediately think someone's been complaining about you.	<input type="radio"/>
4. You like getting feedback as you know it helps you get better at your job.	<input type="radio"/>
5. You ask for feedback as you want to get better at what you're doing.	<input type="radio"/>
6. You hate getting feedback as it feels like criticism and a put-down.	<input type="radio"/>
7. When you get feedback, you want to debate the issue.	<input type="radio"/>
8. You appreciate it when your boss gives you advice on how to do a job better.	<input type="radio"/>
9. You don't like it when your boss tells you how to do your job better because it makes you feel like he's watching you and doesn't trust you to do the job.	<input type="radio"/>
10. You avoid giving feedback to a workmate even if what they are doing is really annoying.	<input type="radio"/>
11. You feel confident that you could give good feedback to a workmate.	<input type="radio"/>
12. When your boss says he would like to chat, you feel panicky.	<input type="radio"/>
13. If your boss said something to you that you felt was unfair or a put-down, you would feel confident to appropriately raise this with them.	<input type="radio"/>
14. You would prefer not to get any feedback (good or bad) and for your boss to leave you alone to get on with job and figure things out as you go.	<input type="radio"/>