

Cheatsheet for Being Less Wrong: Coachable Chitchat for Criticism

When someone is offering you criticism:

- **Stop and receive criticism as a gift.**

Your coach recognizes your potential to be even better. They want to help.

Use eye contact and your full attention to receive the gift.

- **Listen carefully.**

Try to absorb the advice without getting upset or defensive. Really listen.

Use little nods to show you are listening.

- **Reflect back what they say.**

This shows you are registering their advice, and keeps communication clear.

I hear you saying that I can improve... by doing... Is that correct?

- **Ask questions**

Clarify any problems they identify, and their suggestions for improving.

Does this look right? Is this what you were suggesting?

- **Say thank you.**

Even if you disagree with the comments, take the criticism graciously.

Thank you for your feedback. I'll work on improving that.

- **Take notes.**

Reconsider the suggestions when you have a quiet moment.

I'll make a note about what they said, and think about it.

Bonus skill: Learn to ASK for criticism!

Could you give me your opinion on this? Can you help me improve this?

