Writing Feedback Workshop

With Vanessa Able

Sati Center for Buddhist Studies
Introduction to Buddhist Chaplaincy 2022-3
"The greatest teacher, failure is."

— Yoda
Where to Find Feedback?

- Teachers
- Mentors / Spiritual Guides
- Friends
- Colleagues / Peers
The Johari Window is a model in psychology that visualizes the relationship between an individual's self-awareness and self-disclosure. It consists of four quadrants:

- **Open Self**: Information about you that both you and others know.
- **Blind Self**: Information about you that you don’t know but others do know.
- **Hidden Self**: Information about you that you know but others don’t know.
- **Unknown Self**: Information about you that neither you nor others know.

This model helps in understanding communication dynamics and personal development.
Opportunities for Practicing with Feedback while Training

Mentors/Supervisors
BCT faculty / Chaplain / Supervisors at your service work

Small Groups
BCT small groups / other interest group

Buddies / Peers
Fellow students / Co-workers / other Chaplains
Thanks for the Feedback

The Science and Art of Receiving Feedback Well

By Douglas Stone and Sheila Heen
3 Categories of Feedback

- **Evaluation** = **Assessment.** Where do you stand in relation to expectations?
- **Coaching** = **Advice.** Helping you learn, improve, grow or change
- **Appreciation** = **Recognition.** For motivation and thanks

Source: Thanks for the Feedback by Douglas Stone and Sheila Heen
Right Speech

1. Is it true?
2. Is it helpful?
3. Am I speaking kindly?
4. Is the person receptive?
5. Is this the right moment?
Why do we write? What can we learn through writing?

- allowing for personal and unique response
- to put thoughts down on paper to review and reflect
- Reveals what I didn’t know
- To share our thoughts with others
  - To say things I would say in person...reveal the unspoken
- Meaning making
  - understand my mind/heart better and thus understand others
- To reveal myself
- To share our love
- To make connections
- To see visually what I am thinking about so I can tell if it’s bullshit. It mostly is.
- To make our thoughts live beyond our lifetimes

We write to take the step back and turn the inner light upon ourselves. Also because there's some kind of connection between the mechanical physical process and making the thoughts come alive in a non-conceptual way.

- To be more than just one mind
- To unpack my bias
- To consider a range of perspectives
For example...

- How did my writing reveal awareness of my reactions, values, feelings, biases?
- How much did I explore an event, rather than just describe it?
- How did my writing express what I think, and more significantly, how and why I think that way?
- How effectively did I investigate the situation from different perspectives?
- Was I able to communicate how this story/situation shaped, changed, affirmed my dharma practice?
Take-Away Reflections

- Are you more challenged giving or receiving feedback?

- What supports your giving/receiving feedback?

- How can building your feedback skills aid your chaplaincy work?

- How can building your feedback skills aid your spiritual formation?