

Accepting Feedback at Work

Shorter Worksheet (Written)

Name: _____

Date: _____

Helping communication supports at my job

You could ask for or use another communication tool

- ☐ **1. I need more time to think about it. I could use:**
 - ☐ Checklist
 - ☐ AAC (Augmentative and Alternative Communication Device)
 - ☐ Visual
 - ☐ Other _____

- ☐ **2. I need support. I need my (point to tool or ask)**
 - ☐ Checklist
 - ☐ AAC (Augmentative and Alternative Communication Device)
 - ☐ Visual
 - ☐ Other _____

- ☐ **3. I don't understand**
 - ☐ Say it again
 - ☐ Say "I don't know"
 - ☐ I need my (device, checklist, other) _____

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Shorter Worksheet (Visual)

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Circle or check what might help the most.

- ☐ 1. I need more time to think about it.



- ☐ 2. I need a checklist



- ☐ 3. I need my AAC



- ☐ 4. Say: "Say it again" or "repeat" (I don't understand)



- ☐ 5. Say: "I don't know"



- ☐ 6. Other _____



What I will do

Circle the answer that best describes you.

When I get feedback, I usually:

-  Stay calm
-  Need time to think
-  Feel upset

One support I want to practice:

- ☐ Asking for more time
- ☐ Knowing what I need for support
- ☐ Saying "I don't understand"
- ☐ Other _____

My support goal for this week is: (write it or use pictures)