

Learning Activity 6.1 Emotional reflection

Using a piece of feedback that you have received in the past (you may choose something from secondary school if it was particularly upsetting), write a reflection about how you feel. Do not worry about correct punctuation or making the piece easily read. The point of this exercise is to help you explore how you feel. Give yourself a few minutes then read over your work to answer the following questions.

What can you learn about who you are from this reflection?

What does this reflection tell you about what triggers you when receiving feedback?

Does this reflection offer any clues to strategies that might help you process your emotions?