# Feedback and Criticism Assessment

Please circle the alphabet, answer true or false or write in your best answers.

1. All feedback and criticism is:
   1. negative
   2. is positive
   3. could be either or both
2. Constructive feedback is:
   1. only good if you are doing a good job
   2. only good if you agree with it
   3. meant to help you improve on the job performance
   4. neither of the above
3. Feedback and criticism are not meant to:
   1. embarrass you in to doing better
   2. critique and be helpful
   3. help make you better at your job
4. Constructive feedback and criticism:
   1. is meant to help
   2. will make you feel bad
   3. will embarrass you
5. Someone with a passive behavior type:
   1. may be easily influenced by others
   2. may be taken advantage of by others
   3. may have a lack of confidence
   4. all of the above
6. People with an assertive behavior type :
   1. are self-motivated b. have self-confidence c. can make a good leaders C. all 3
7. People who are assertive:
   1. may take action on their own
   2. wait for others before acting
   3. are always rude
8. People with an aggressive behavior type:
   1. can be pushy and rude
   2. are nice and sympatric
   3. are caring, giving and thoughtful
9. People with an aggressive behavior:
   1. can negatively affect the workplace
   2. can put themselves in a position to be fired
   3. can be disliked and isolated by their coworkers
   4. all may be true
10. When receiving feedback and criticism one should always:
    1. accept it from your boss only
    2. accept it from your coworkers only
    3. accept it from anyone you trust

**Answer Key**

1. c

2. c

3. a

4. a

5. d

6. c

7. a

8. a

9. d

1. c