Feedback Matrix

Mark along each line where you feel you prefer getting certain types of feedback on your work. Pick your own preference scales, things you like or don't like, and then the write the opposite too. Build up a list of preferences.

Specific Examples	Generalised Observations
Verbal	Written
At the time	After the fact
Asking you for solutions	Giving you solutions
Ad-hoc	Regularly
From Peers	From Leaders
——	——
——	——
——	——
——	——
——	——