FEEDBACK FEVER SELF-TEST

Almost Always True — 5
Frequently True — 4
Occasionally True — 3
Seldom True — 2
Almost Never True — 1

I understand the value of getting feedback about myself	5	4	3	2	1
I beat up on myself when things aren't going well	5	4	3	2	1
I praise and recognize team members who perform	5	4	3	2	1
I avoid telling my team members the truth if it might hurt them	5	4	3	2	1
I find myself avoiding the difficult conversations with others	5	4	3	2	1
I have no clue how to give effective feedback	5	4	3	2	1
I am afraid of offending my team members so I keep it positive	5	4	3	2	1
I rely on training my team members more than giving them feedback	5	4	3	2	1
My team frustrates me	5	4	3	2	1
I don't have a system for feedback with my team	5	4	3	2	1
I am a better cheerleader than coach	5	4	3	2	1
I want to be a better leader	5	4	3	2	1
I lack confidence in my ability to provide effective feedback	5	4	3	2	1
I am not sure how to use a coach approach to feedback	5	4	3	2	1

Scores:

- **14-24 - You have a healthy relationship with feedback; this class may give you some tips**
- **25-40 – You sometime run a feedback fever: this class will help you stay healthy**
- **41- 50 – You have a low grade feedback fever: your feedback understanding can improve with this class**
- **51-60 – You are burning up! Register for this class right now!**