

A Gentle Self-Check Before Giving Feedback

Here is a simple guide to prepare your heart and words before saying the truth in love.

Giving feedback isn't easy for any of us. Some of us hold back because we're afraid of hurting the relationship. Others jump in quickly but forget to slow down and speak with care. Wherever you find yourself, this quick self-check can help you move toward honesty and love.



If Giving Feedback Feels Hard

- ☐ Remind yourself: Honesty is a gift, not a threat.
- ☐ Write down one clear thing you want to say — keep it simple.
- ☐ Pair it with encouragement: “I value you, and that’s why I want to share this.”
- ☐ Take a deep breath and pray: “God, help me love through honesty.”
- ☐ Remember: courage grows in small steps. This doesn’t have to be perfect to be meaningful.

If Giving Feedback Comes Easily

- ☐ Pause and ask: Am I speaking to build up, not just to correct?
- ☐ Choose words that are clear but gentle.
- ☐ Add affirmation: “I believe in you, and here’s why this matters.”
- ☐ Check your timing — is this a good moment for them to hear it?
- ☐ Circle back later to show the person matters more than the problem.

“Speak the truth in love, growing in every
way more and more like Christ.”
—Ephesians 4:15