

This photo of a sandwich symbolizes the layers involved in providing constructive feedback to others. You begin with the bottom layer, a slice of bread. This slice of bread represents starting off the review with positive, confirming comments. Then you layer in the criticisms and corrections in between positive, confirming comments. These layers are represented by the meat, cheese, and vegetables in the middle of the sandwich. The third and final step is to top off the review with another set of positive, confirming comments, once again represented by a slice of bread. The idea is to surround the constructive feedback with good comments that bring the feedback sandwich together.