**Task 2**

**Q1.a –** Two values which I have held onto since Secondary school are Resilience and Empathy. Like everyone, I have had my fair share of challenges in life so far. I also believe I have quite a realistic view of life and all the wrong and injustice that can come with it. Due to this, it has been crucial for me to have and to think about resilience to keep me moving forward in my ambitions. Growing up I’ve also noticed I am naturally very empathetic to others and their experiences. I can imagine and more importantly, feel what they could be feeling. It is not easy to carry feelings for others when we have so much to carry for ourselves, but I see it as a benefit. If not for myself then for others. I believe that if everyone could be just a bit more empathetic, we would all be better off for it.

**Q1.b –** My own perception of myself has changed in several ways since Secondary school, most of which are positive changes. One such change is in the way I see myself in terms of looks. Knowing no one has any hand in shaping their looks, I have learnt to be happy with how I look whereas years ago I would compare and put myself down on perceived issues of appearance.   
As I imagine most kids and teenagers do, I used to imagine myself as somewhat untouchable and immune to hard-hitting accidents. Nowadays I have a much more realistic outlook on life, and I realise that my chances are roughly the same as anybody else’s.

**Q1.c –** I used to be a lot less careful in the way I judged other people. Sometimes I trusted too much and sometimes I trusted too little. If anything, this was unfair and inconsistent. Nowadays I am much more cautious in approaching and connecting with new people.   
My conscious perception of others in Secondary was still very much in development. I remember seeing people in Black or White. Nowadays I see lots of shades of grey. I understand that no one is perfect and not many people can be considered the devil himself. Everyone is a mix of good and bad.

**Q1.d –** I used to seek approval for the things I enjoyed doing whereas nowadays I search for what makes me happy and I enjoy doing it and so one shift I know I have had in this respect is that I have given more value to what I think about my actions rather than what others do. This being for the simple reason that I caught myself being negatively biased in what I believed others thought about me and my actions. Another challenge I feel to have overcome is work anxiety. When I first started working during the end of the last year of Secondary, I was very anxious at work. I now understand that this was caused by my extremist outlook on work life. I believed that I needed to be perfect, and although the pressure never stopped me from working, I used to feel uncomfortable. This carried on for at least three years. Nowadays I don’t feel this constant pressure anymore. I realised I had to be more realistic in my perception of what work should be like and I accepted that while mistakes should be avoided, everyone is human and prone to errors.

**Q1.e –** I still struggle with issues and I’m sure I will always find something to fix or to improve. One such issue is addiction. I feel as though I can live without a fix and if I am required to, I am sure that I can. But when I have no reason to avoid it, I find it very hard to say no and up doing it anyway. One way to tackle this I think is to put up obstacles for myself so that I simply cannot and as mentioned already, this seems to work in avoiding the behaviour.  
Another struggle is confidence. Particularly, confidence in singing. I do believe I have a good voice and throughout my life I have been told many times that my singing voice is good. The issue is that I have a particular distrust for people telling me I have a good voice, even If these people are my friends and family. For the simple reason that if they are saying these things to not hurt me, they are consequently making me believe more in myself, which could very much make me look like a fool if it is all in fact, in my head. I am working on this by performing, training, and getting more opinions. These are already showing results as I do feel more confident than a year ago.

**Q2.a –** For me, Ethical feedback is well intentioned and thought-out advice. This does not mean it cannot be negative, but it does mean that the feedback given is genuine and always with improvement in mind. A friend of mine is currently competing in a F1 virtual tournament and support him by seeing the live streamed race whenever I can. I remember seeing some of his races and he was ending up eliminated from the race, often due to accidents. From my point of view, I could see the issue better than he could himself. The issue was in fact that many accidents happened in the middle standings. A place where he was starting most races and therefore could not avoid. My feedback was that he was racing well but his usual starting position increases the risk of getting eliminated due to accidents. I suggested that he focus more on trying to get a better starting position rather than focusing his training completely on overtaking manoeuvres. I believe my feedback was ethical because it was intentioned only to give insight and to offer alternatives which I genuinely thought could yield better results. In the end my friend agreed that there was a high probability that what I suggested made sense and tried it out. Since then, he has gotten better starting positions and has in fact finished most of the races.

**Q2.b –** I consider Unethical feedback to be advice that is ill intentioned or not very well thought out. Both of which cause more harm than good. Like most people, I have fallen victim to peer pressure more than once and one such occasion included getting very drunk. My friend could see that I was at what should be considered my limit, I knew this as well. However, my good friend, without giving it much thought I’m sure, suggested that I have another.   
I feel like this feedback was unethical because my friend had not considered my current state and the consequences of what he recommended. This feedback resulted in loss of memory, extra work for people that keep sidewalks clean, and my friends having to babysit me. Eventually however, it did help me to better oppose peer pressure the next time around. Of course, this was not an intended outcome of the received feedback. I believe my friend also learnt to be more responsible when giving advice to avoid such a scene a second time around.