Makers EQ

How to get feedback:

* Shift your perspective - There is no positive or negative feedback, only feedback. Feedback is kind you have the option to accept or reject it.
* Empower the receiver - As a receiver FB gleps us understand ourselves and make equal relationships
* Know thyself - Truth trigger - seems wrong to us, relationship tirgger - relationship affects, identity trigger - undermimes how we see ourselfs. Know my blindspots.
* Understand feedback - type of feedback
* Use framework