

What's my response?

And how do we build confidence? One part is learning to care about what you do deeply but thinking through how you identify yourself and whether you can separate from your work. How do you face feedback, public opinion, etc? For me, much of it comes from learning how to be self-forgetful: not having a high view of myself or even a low view of myself but just thinking about myself less. I can continue to improve my ability to move forward through empathy with others and myself. I try to give myself the room to just be wrong and make mistakes and have an environment for others do to the same. I think in that freedom we can try without fear.

-me???