

# Openness to Feedback



- Explaining your reasons
- Blaming others
- Justifying your point of view
- Inflating your virtues
- Making excuses
- Criticizing yourself or others

- ▶ State of curiosity and wonder
- ▶ Listening
- ▶ Seeking understanding
- ▶ Exploring your emotions and motivations
- ▶ Focus on solutions
- ▶ See best in others

feedback



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