Not This

I don't know how to do this.

Critique and feedback are always about me personally.

This task is challenging, I can't do it.

If I ask questions I'll look unintelligent.

But That

I can learn how to do something I don't know.

Feedback helps me move forward and get better.

This task is challenging, but I can try again.

Asking questions will help me learn and get clarity.

Reference:
University 101: Study, Strategize and Succeed by Kwantlen Polytechnic University is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License, except where otherwise noted.

https://ecampusontario.pressbooks.pub/paths/