

O God, bless them. Change me.

Bless them:

Pray for their well-being.

not for their conversion to my perspective

Be willing to feel at least a little of their pain.

lower my defenses: staying in my intellect, being very busy, problem solving, etc.

relate out of my heart as well as my head

be fully, totally present to them and their story

Cherish their story.

listen without judging or “setting them right”

listen without jumping in with my story

listen without problem-solving or giving advice

listen without planning what I want to say as soon as it's my turn

listen with an open heart

Change me:

Be willing to be vulnerable.

state my feelings instead of my opinions/thoughts

listen without defending my idea

let go of defenses such as arrogance, self-righteousness

share my pain without blaming

Refuse to diminish another person.

stereotyping, labeling

dismissing their ideas

perceiving them as one-dimensional

feeling superior to them

assuming they are wrong

Talk from my feelings instead of my thoughts.

ideas, opinions, and thoughts invite conflict

experiences and feelings invite compassion