

See Clearly with an Open Heart

Solving a problem in isolation with a narrow focus can lead to more problems

The best first step is usually a step backwards:

Balance

Stop the build-up of Tension
Proper sleep, diet, balance between rest and types of activity
Balance personal needs with needs of others

Accept

See situation as starting point without blame, judgment, or “should”
See the dignity and potential of the people who are involved
Understand the emotion and perspective of others involved
Recognize and adapt to limitations without complaint
Accept the experience of pain and emotion without tension or resistance

Clarify

Ask questions to see a larger picture and relevant details more clearly
Immediate, short-term, long-term, or ongoing? What’s most important?
What are the: values? boundaries? assumptions? expectations? Etc.

Compassion recognizes the dignity and potential of each person. It involves looking at life from another person’s perspective without judgment while understanding how circumstances contributed to forming his or her behavior, attitude, and outlook. True Compassion requires the capacity to briefly experience the emotions of another. It allows other people to be fully themselves in our presence. Compassion connects, includes, and opens. It is not a thought or idea. It is an experience. People are touched by compassion and it allows us to be in touch with them.

Hope recognizes there is a best way to handle every situation and that each one of us has an inborn capacity to improve our lives and world.

Humility recognizes that placing ourselves above or below another person diminishes us both. Humility allows us to see ourselves as part of a greater whole, to realize that we have an important but limited role, and to explore how and where we best fit in contributing to and improving our world.

Personal Responsibility looks at what I can do to improve the situation while taking into account what others have to contribute without blame, judgment or “should.”