

Learning to Recognize Your Assumptions and Tell the Truth With Compassion

Read and understand the following.

<p>When you have an immediate, strong response to something you encounter, ask yourself why you feel the way you do. Then ask yourself what the event meant to you—what story did you tell yourself about it?</p>	<p>Listen to the words you use to tell yourself and others why something has occurred. Whenever you hear a conclusion such as "that means...", think about how you know what you think you know about the situation. Ask yourself what conclusions you think other people would reach if they examined the same information.</p>	<p>Check on the accuracy of your conclusions before you take any action.</p>
<p>Decide what you want to accomplish by telling the truth.</p>	<p>Think about how you can express your observations and concerns in a way that communicates your belief that the other person is valuable and important to you.</p>	<p>Think about the probable effect that hearing this truth will have on your listener.</p>
<p>Think about the possible consequences you will experience as a result of telling the truth. If you believe that you need to tell the truth even though you risk bringing on negative consequences, have a plan in mind to cope with them.</p>	<p>Treat yourself with respect and compassion. Developing this skill takes time, practice, and courage. Allow yourself to practice without self-criticism.</p>	<p>Once you make your decision and figure out what you need to do, go ahead and implement it. Tell the truth—with compassion.</p>

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