

Wisdom is not
the out

Listening to the Heart: A Compassionate Approach to Conflict

Grab a journal, or a trusted confidant if you're a verbal processor, and explore conflict a little more deeply.

Describe a challenging situation (past or present) that you want to get curious about. Describe the external actions that were taken, or are currently happening.

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What are/were your thoughts about the situation?

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What are/were your feelings? What emotions are/were coming up?

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Now start to peel the onion layers back. What do all the observations above indicate is happening at a deeper level? Is there a core value being expressed or offended?

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How might this change how you are seeing the situation? What might you do to respond?

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*Questions are from the work of Jessie Sutherland of www.interculturalstrategies.ca.
Check her work for further support on creating change systemically from the inside out.*

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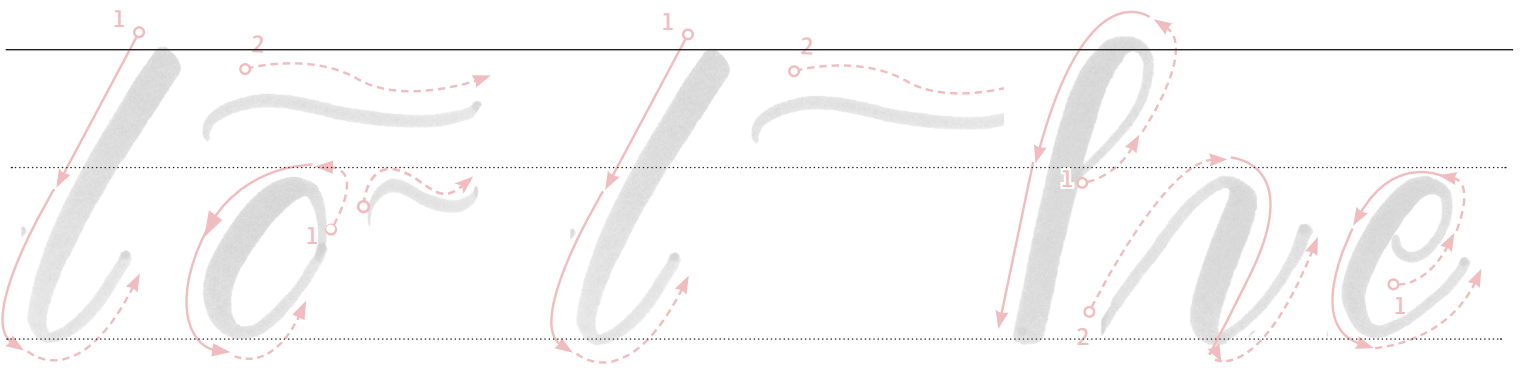
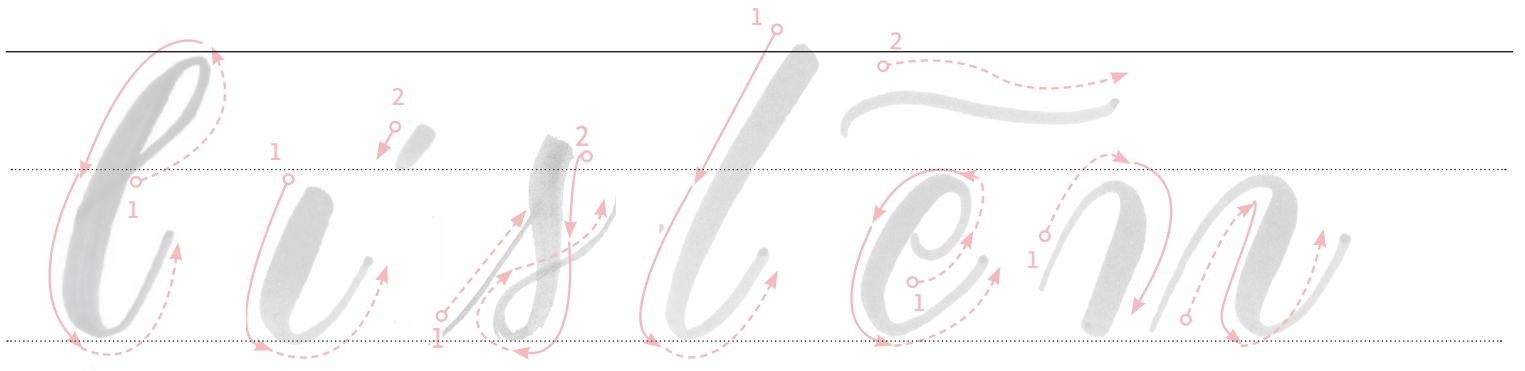
Lettering Compassion into Your Heart

INSTRUCTIONS

1. Put on some relaxing music. Or listen to the stillness if you prefer. Let the words sink in as you meditate on them and write them into your heart.
2. Start each stroke where the asterisk is located.
3. Trace the stroke in the direction of the arrow.
4. Downstrokes are thick, with heavier pressure.
Upstrokes are thin, with lighter pressure.
5. Be mindful and intentional in placing the pen on the starting point, tracing the stroke slowly, and lifting the pen at the end of each stroke (no fast flicking of the pen). Lift your pen with each stroke.

SUGGESTED PENS (IN ORDER OF EASE OF USE, EASY TO DIFFICULT, AND IN ORDER OF PRICE, LOW TO HIGH)

- Crayola Original Broad Line Marker or Crayola Supertips
- Tombow Dual Brush Pen
- Pentel Aquash Water Brush (small or medium tip) [Advanced]
- Pentel Arts Pocket Brush Pen [Advanced]



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