

BEING OPEN-MINDED DOESN'T MEAN YOU HAVE NOTHING IN YOUR HEAD!

OFF

TRAIL

Workshop 7

REFRESHER

Our prejudices and judgments leave a mark:

- They affect and weaken the other person's self-esteem.
- They harm our relationships.

Developing **empathy** and **compassion** is important for maintaining **healthy, harmonious relationships** with others!



The more you feel that you're **valuable** and **worthy of love**, the less you'll fear others' judgment and the less likely you are to judge others for trivial reasons!

Your turn!

Use these strategies to help **develop your empathy and compassion**:

Toward others

- Avoid making assumptions or holding prejudices;
- Describe behaviors and facts, without judgment;
- Put yourself in the other person's shoes—be sensitive to their needs and their emotions;
- Be open, attentive, understanding and respectful toward others;
- Recognize the other person's strengths and positive qualities;
- Think of difference as a positive asset;
- Be generous, do good deeds and help others.

Toward yourself

- Talk to yourself as if you were talking to someone you love;
- Take a break to breathe;
- Listen to yourself and be attentive to what you're feeling;
- Be aware of and respect your own limitations;
- Practise self-care by doing things that make you feel good;
- Ask for help if needed.

OFF-TRAIL Challenge

This week, practise empathy and compassion toward others:

- 01** Identify a person / group of people that you tend to judge without really knowing them.
- 02** Find two strengths, positive qualities, or things you have in common with this person or group.
- 03** Observe how this influences the way you feel or act toward them.

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