

Living Well

GREATER HAPPINESS AND DEEPER PEACE

Sensitivity and Satisfaction

with those whose gender, generation, sexual orientation, race, faith or culture is different from yours

Learn to...

- Be more sensitive to those who are different from you
- Have more satisfying relationships with everyone

Imagine that you're in a foreign country...

Mr. A. deals with you by assuming that you are "just like every American."

Mr. B. tries to be aware of your likes and dislikes; compliments or affirms when you do a good job; is assertive about sharing his goals and feelings; and accepts you for who you are.



Are you more likely to have a good relationship with Mr. A. or Mr. B.?

When you meet someone who is different from you, are you more like Mr. A. or Mr. B.?

Do you want to be understood and appreciated? So does everyone!

Try using these *Satisfaction Skills* to increase **your sensitivity and appreciation of others who are different from you**. You'll be rewarded with more satisfaction in *all* your relationships. Plus, these steps can **stop your stress**; deepen your peace and (if spirituality is important to you) even enhance your prayers - whether you are 76, 46 or 16.



Focus on the present

Awareness lets you focus on whatever is most helpful. What would happen if you let go of your past judgments about a different group (e.g., "they are all...")?



Affirm

Compliment

Praise

Say "Thanks"

Positive Thoughts or Self-talk

Affirmations remind you to notice the good *about yourself, others and the world around you*.



Assert

"I think..."

"I want..."

"I feel..."

Assertiveness encourages you to share your thoughts, needs and feelings.

Acceptance helps you to relax, forgive and find more satisfaction with others.



Accept

Relax

Forgive

Assess Yourself!

How often do *you* use the "satisfaction skills"?

Awareness:

How often are you focused and/or listening in the present moment, instead of being stuck in past judgments or future fears?

Rarely Sometimes Always

...When working or volunteering:

...In social situations:

...With someone who is different:

Affirmations:

How often do you compliment others, or do something to help them?

...When working or volunteering:

...In social situations:

...With someone who is different:

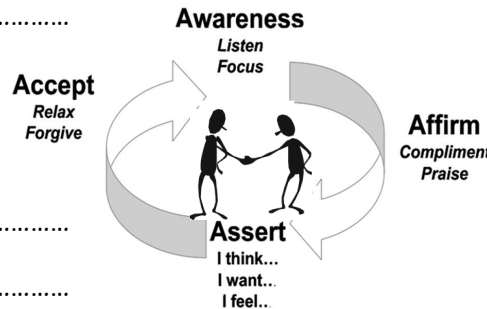
Assertiveness:

How often do you tell others what you want, think or feel?

...When working or volunteering:

...In social situations:

...With someone who is different:



Acceptance:

How often do you listen to others, accept their point of view, and forgive them? ...or yourself?

... When working for volunteering:

... In social situations:

...With someone who is different: