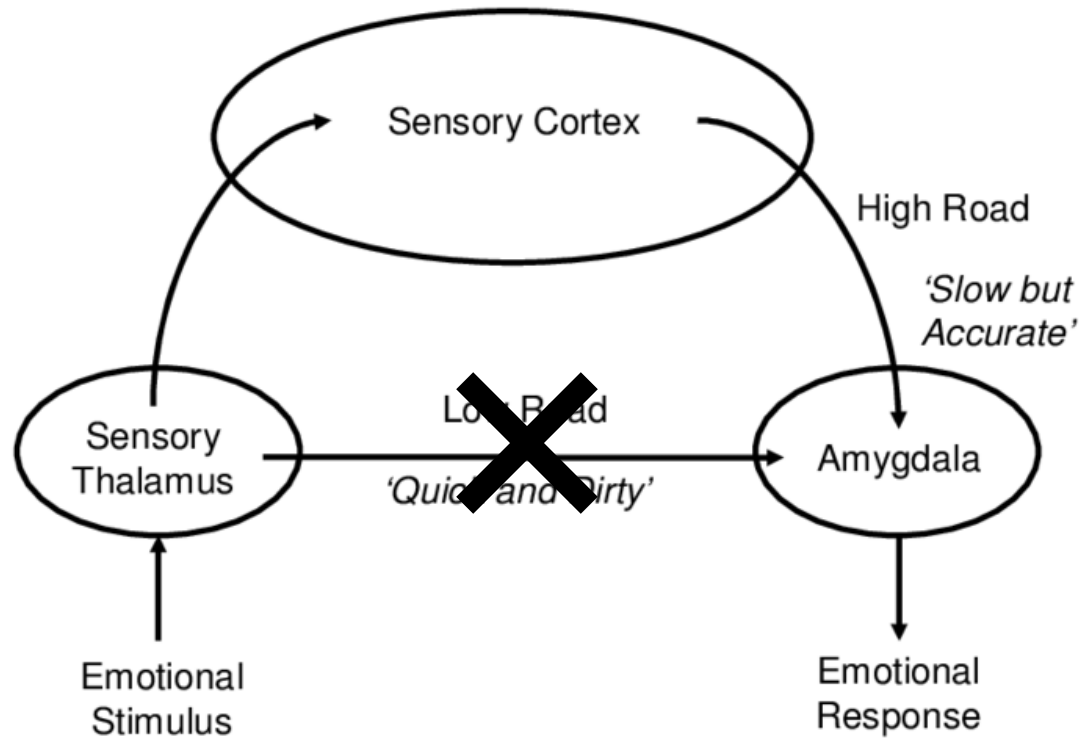


CULTIVATING CURIOSITY



A Quick Review

Fear vs. Courage



What is one thing that would scare you if you had to have a conversation with your neighbor right now about your views on race in America? Why is that thing scary?

Now, turn to your neighbor and talk about “the scary thing.” Don’t talk about your views on race in America. Talk about the “the scary thing” related to it.

A Quick Review Mindfulness

stimulus

Between
stimulus and response
there is a space.

In that space is our
power to choose our response.

In our **response** lies our
growth and
freedom.

response

- Viktor E. Frankl

Start thinking about a courageous conversation you want to have with someone in your life right now. How would you feel if I “made” you have it today?

Body Scan + Breath Awareness

Do you feel differently after you did the body scan and became aware of your breath?

Cultivating Curiosity

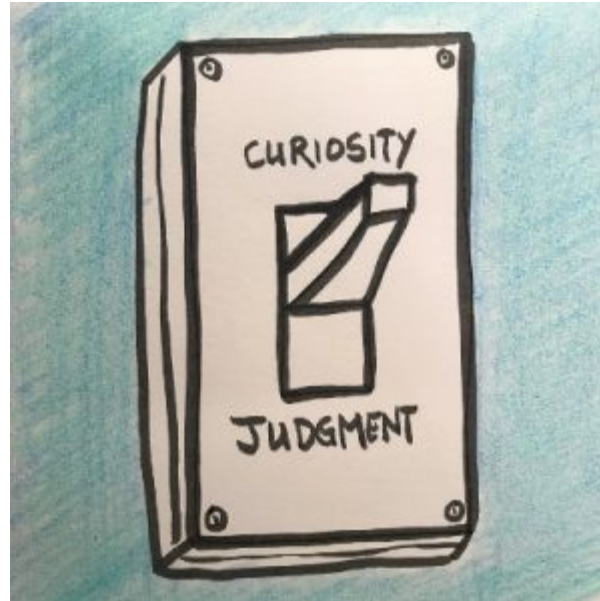
STIMULUS

Bias

Curiosity

CHOICE

Cultivating Curiosity



A Courageous Conversation from Jess' Journey

Cultivating Curiosity

STIMULUS

mindfulness

Bias

Curiosity

CHOICE

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I don't understand and I want to understand.



**Who?
What?
Which?
Why?
How?
When?
Where?
With?**

Now that I know more, I can choose how I want to respond.

Your turn to think of a tough conversation you need/want to have...

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What is your purpose for having the conversation? What do you hope to accomplish? What would be an ideal outcome? Watch for hidden purposes. You may think you have honorable goals, only to notice that your language is excessively critical or condescending. You think you want to support, but you end up punishing. Some purposes are more useful than others. Work on yourself so that you enter the conversation with a supportive purpose.

What assumptions are you making about this person's intentions? You may feel intimidated, belittled, ignored, disrespected, or marginalized, but be cautious about assuming that this was the speaker's intention. Impact does not necessarily equal intent.

What "buttons" of yours are being pushed? Are you more emotional than the situation warrants? Take a look at your "backstory," as they say in the movies. What personal history is being triggered? You may still have the conversation, but you'll go into it knowing that some of the heightened emotional state has to do with you.

How is your attitude toward the conversation influencing your perception of it? If you think this is going to be horribly difficult, it probably will be. If you truly believe that whatever happens, some good will come of it, that will likely be the case. Try to adjust your attitude for maximum effectiveness.

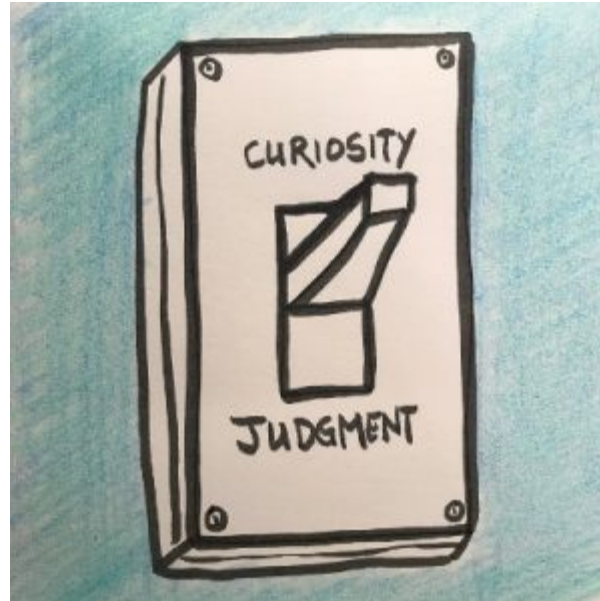
Who is the opponent? What might he be thinking about this situation? Is he aware of the problem? If so, how do you think he perceives it? What are his needs and fears? What solution do you think he would suggest? Begin to reframe the opponent as partner.

What are your needs and fears? Are there any common concerns? Could there be?

How have you contributed to the problem? How has the other person?



Cultivating Curiosity



COMMITMENT

1 Conversation in November