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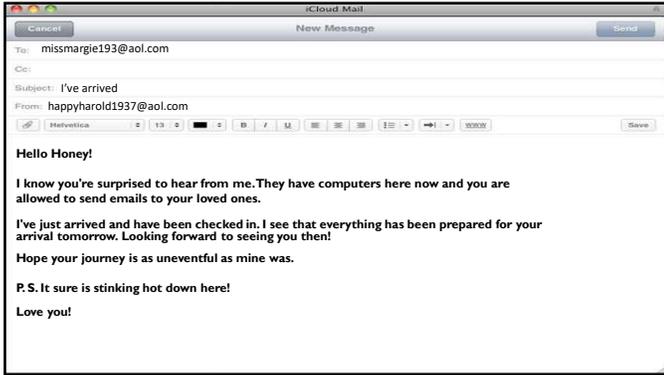
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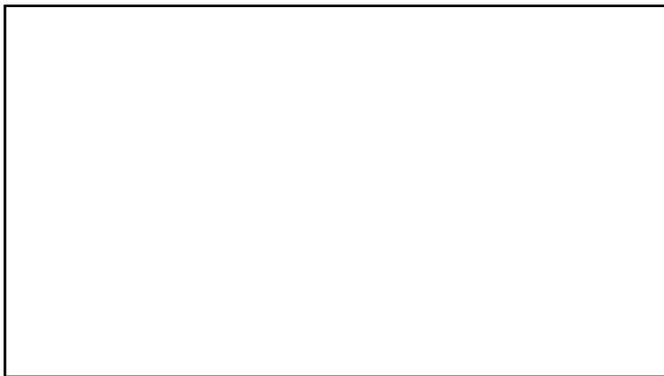
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### Scenario

You are in a meeting with county government employees and other commissioners and a commissioner needs help with a situation in their county.

You have experienced a similar issue and have found a creative solution that you're sure will help.

You have a thought to share it with him...but you don't...

*because you remember how this person has been a jerk to you in the past.*

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### Humans and a Moral Sense

1. Think of a time in the past where you felt like something was right to do for someone else and you *did* it.

What thoughts, feelings, and emotions did you experience personally or about the other person in the first scenario?

2. Think of a time in the past where you felt like something was right to do for someone else and you *didn't* do it.

What about the second scenario?

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### Self-Betrayal

Often, we have a sense that something is right or wrong for us to do – an inner feeling about how we should treat others.



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**Self-Betrayal**

Self-betrayal occurs when we go *against* those feelings – when we do to another what we sense we shouldn't do or don't do what we sense we should.

Self-betrayal is a moral self-compromise, a violation of our own personal sense of how we ought to be and what we ought to do.



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**Two Views: Two Ways of Being**

On the surface, human beings differ widely in their behaviors, but below the surface, at the level of who we “are”, there are only two ways of *being*.

- The responsive way – view others as they are – as people
- The resistant way – view others as objects or obstacles

**Responsive behaviors can come without a responsive heart, but a responsive heart always leads to responsive behaviors.**



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**Two Views: Two Ways of Being**

<p><b>Resistant Way of Being</b></p> <p>Reduce others to objects:</p> <ul style="list-style-type: none"> <li>• Better than me</li> <li>• Worse than me</li> <li>• Obstacle in my way</li> <li>• A vehicle to help me get my way</li> <li>• Irrelevant</li> </ul>	<p><b>Responsible Way of Being</b></p> <p>See others as people:</p> <ul style="list-style-type: none"> <li>• People matter</li> <li>• Responsive to their reality – hopes, needs, fears, challenges, goals</li> <li>• Others are as real to me as I am to myself</li> </ul>
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**How we see others fundamentally changes who we are and *how* we are with others—how we communicate, treat and respond to them.**

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**A Better You Starts With This Better View**

*How do we escape our self-betrayal?*

- A matter of willingness more than ability/skill.
- No set technique to escaping self-betrayal.
- Requires giving up the lie we are living and being true to conscience—**living true to our new view**

**"It is our response to each felt moral obligation that defines our way of being." - C. Terry Warner**

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**Escaping the Destructive Worlds We Create**

Requires giving up the lie we are living and being true to conscience—to what we believe is right about how to treat others.

It may require asking oneself the following questions and responding honestly to them:

- Of all the things I could do at this time, what do I believe is right to do?
- What does this situation require of me?
- If I were to give my whole heart to this person, what would occur to me to do?
- How do I act in their best interest?

**Notice the nudges, follow the feelings - heed the inner call to be a healer and a helper, to love and to listen.**

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**Troubles in Relationships? Ask 3 Questions**

1. What has this person given to me?
2. What have I given to this person?
3. What trouble have I caused for them?

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**Communication/Conflict at Work**

Want better interactions with colleagues, friends, co-workers, and your family?

It's less about *skill*, more about *will*

**Start with your HEART**

**Live true to your VALUES**

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**Live True to Your Four Core Values**

**Attributes of the person you want to be (think funeral)**

Loyalty	<b>Humility</b>	Tolerance	<b>Positivity</b>
Forgiving	Honesty	Trustworthiness	Empathy
<b>Compassion</b>	Determination	Kindness	Hard worker
Integrity	Generosity	<b>Appreciation</b>	Frugality
Selflessness	Courage	Altruism	Attentiveness

**Under stress, act on your *Four* not on your *Feelings***

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## Feelings Are Not Reality

**Many of the habits activated under stress violate our deeper values – blaming, yelling, criticizing, stonewalling, or devaluing coworkers**



**Feelings:**  
**Get curious, not furious**  
**Observe them but don't absorb them**  
**Feel them but don't always follow them**

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Past	Present	Future

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## Which seeds are you watering?

**Thich Nhat Hanh teaches,**

**"Your mind is like a piece of land planted with many different kinds of seeds: seeds of joy, peace, mindfulness, understanding, and love; seeds of craving, anger, fear, hate, and forgetfulness. These [many different kinds of] seeds are always there, sleeping in the soil of your mind. The quality of your life depends on the seeds you water. If you plant tomato seeds in your gardens, tomatoes will grow. Just so, if you water a seed of peace in your mind, peace will grow. When the seeds of happiness in you are watered, you will become happy. When the seed of anger in you is watered, you will become angry."**



**He concludes,**  
**"The seeds that are watered frequently are those that will grow strong."**

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**Co-worker Communication Principles**

- + When we get comfortable and casual, we tend to get more critical
- + Watch your temper, tongue, and tone
- + Be patient – everyone learns at a different pace (it's not a race)
- + Soft startup
- + Magical sentence starters: "I noticed", "I appreciate"
- + Give the greatest gift



**People are more important than problems**

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**Summary: Start With a New You**

- Choose to live in the responsive way of being – view others as people
- Identify and live true to your values
- Honor and act on your inner compass



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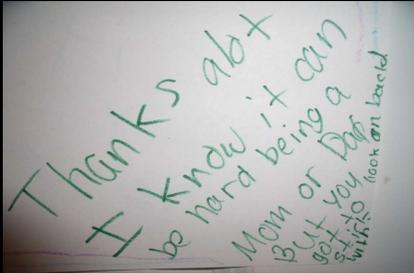
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**Motivating words from our 8-year old daughter**



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