

A few helpful reminders:

- Ask more, tell less.
- Remember that we don't see things as they are. We see things as we are. We are always scanning for the information that validates our beliefs while ignoring the information that doesn't.
- Be curious. Once you genuinely understand someone's motivations, their behavior makes perfect sense.
- Hurt people hurt people. Be kind and compassionate with yourself about your "imperfections."
- It is a gift to another to accept their influence. It helps them feel seen, heard, understood and valued. It gives them their "voice." It doesn't always have to be "your way."