

Daily Practices

Going to the Balcony - Multiple Perspectives

For a day try to:

Notice your conversations – do you hold multiple perspectives?

At the end of the day briefly consider these questions: Do you hold multiple perspectives in your conversations? Do you invite others to share their perspectives? Are you open to letting in other perspectives? If not, why not? Do you feel threatened by other perspectives? How can you tell if you're holding more than one perspective?

Ask 4-6 random people today how they feel about an issue in the news

At the end of the day briefly consider these questions: What did you notice about the kinds of people you decided to ask? What did they have in common? How were they different? What did you notice about their responses? What did they have in common? What was different? Could you just listen or did you feel a need to respond to their thoughts?

Observe whom you talk to today

At the end of the day briefly consider these questions: Do you talk to people similar to you, with common backgrounds, experiences, or beliefs? Do you often agree or disagree? How do you agree? How do you disagree?

Ask 3-4 people how they have come to believe what they believe

At the end of the day briefly consider these questions: What is the relationship between experience and belief? What do you need to understand about beliefs? How can you inquiry into an individual's belief and support them? How does understanding a person's belief system help you take the BothAnd perspective?