

Daily Practices

Finding Truth

For a day try to:

Notice how you respond to other's resistance

At the end of the day briefly consider these questions: How did you respond to resistance? Why did you feel a need to respond in this way? Did your reaction change when you were responding to different people? Do you notice a pattern in how you react to resistance?

Observe when you disagree with someone if you can find something truthful in their statement – you can do this in conversation, reading the newspaper, listening to the radio or watching TV.

At the end of the day briefly consider these questions: Were you able to find something truthful in their statement? When was it easy and when was it a challenge? Could you recognize that their perspective is a part of the solution? If you couldn't, why not? What's a different perspective you could take on the issue that would include their perspective?

Acknowledge the Truth in another's resistance

At the end of the day briefly consider these questions: What happened when you acknowledged the truth in their resistance? When was it easy and when was it a challenge? How did others react? Would you do something different next time?