

# Living Well

GREATER HAPPINESS AND DEEPER PEACE

## Sensitivity and Satisfaction

*with those whose gender, generation, sexual orientation, race, faith or culture is different from yours*

- Learn to...**
- Be more sensitive to those who are different from you
  - Have more satisfying relationships with everyone

Imagine that you're in a foreign country...

Mr. A. deals with you by assuming that you are "just like every American."

Mr. B. tries to be aware of your likes and dislikes; compliments or affirms when you do a good job; is assertive about sharing his goals and feelings; and accepts you for who you are.



*Are you more likely to have a good relationship with Mr. A. or Mr. B.?*

**When you meet someone who is different from you, are you more like Mr. A. or Mr. B.?**

*Do you want to be understood and appreciated? So does everyone!*

Try using these *Satisfaction Skills* to increase **your sensitivity and appreciation of others who are different from you**. You'll be rewarded with more satisfaction in *all* your relationships. Plus, these steps can **stop your stress**; deepen your peace and (if spirituality is important to you) even enhance your prayers - whether you are 76, 46 or 16.



Focus on the present

**Awareness** lets you focus on whatever is most helpful. What would happen if you let go of your past judgments about a different group (e.g., "they are all...")?



Affirm

**Affirmations** remind you to notice the good *about yourself, others and the world around you*.

- Compliment
- Praise
- Say "Thanks"

Positive Thoughts or Self-talk



Assert

**Assertiveness** encourages you to share your thoughts, needs and feelings.

- "I think..."
- "I want..."
- "I feel..."

**Acceptance** helps you to relax, forgive and find more satisfaction with others.



Accept

- Relax
- Forgive

# Assess Yourself!

How often do *you* use the "satisfaction skills"?

## Awareness:

How often are you focused and/or listening in the present moment, instead of being stuck in past judgments or future fears?

Rarely                      Sometimes                      Frequently

...When working or volunteering: .....

...In social situations: .....

...With someone who is different: .....

## Affirmations:

How often do you compliment others, or do something to help them?

...When working or volunteering: .....

...In social situations: .....

...With someone who is different: .....

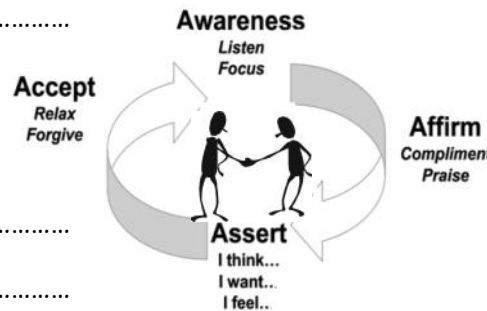
## Assertiveness:

How often do you tell others what you want, think or feel?

...When working or volunteering: .....

...In social situations: .....

...With someone who is different: .....



## Acceptance:

How often do you listen to others, accept their point of view, and forgive them? ...or yourself?

... When working for volunteering: .....

... In social situations: .....

...With someone who is different: .....