



STEP 5: IDENTIFY THE MORE PRODUCTIVE, “POSITIVE” INTENTIONS YOU SOMETIMES CHOOSE

Directions: Below is a list of some of the more productive and “positive” intentions we can choose at Step 5. Check-off any that you commonly think about before you respond in difficult situations. Then star (*) those you would like to add to your “tool kit.”

<input type="checkbox"/>	engage in respectful dialogue
<input type="checkbox"/>	create greater inclusion
<input type="checkbox"/>	facilitate open, honest discussion
<input type="checkbox"/>	do no harm
<input type="checkbox"/>	leave people feeling whole
<input type="checkbox"/>	“go with the flow,” trust the process
<input type="checkbox"/>	deepen learning and growth
<input type="checkbox"/>	meet people “where they are” without judgment
<input type="checkbox"/>	use the triggering moment to deepen understanding
<input type="checkbox"/>	relate to the person, connect with them
<input type="checkbox"/>	invite people to learn from the situation
<input type="checkbox"/>	take time to “gather yourself”
<input type="checkbox"/>	create space for the other person to express their feelings, perceptions
<input type="checkbox"/>	deepen understanding across differences

<input type="checkbox"/>	acknowledge they are doing the best they can with the resources and knowledge they have at this moment
<input type="checkbox"/>	create safety for the expression of differing viewpoints
<input type="checkbox"/>	encourage more people to engage in the discussion
<input type="checkbox"/>	support people to disagree with each other in respectful ways
<input type="checkbox"/>	model effective recovery skills when your behavior results in negative impact
<input type="checkbox"/>	re-establish credibility with the person or group
<input type="checkbox"/>	interrupt unproductive, inappropriate behaviors and group dynamics
<input type="checkbox"/>	model the values you espouse: respect, authenticity, empathy, self-reflection, engagement...
<input type="checkbox"/>	build a “bridge” and a connection with the other person
<input type="checkbox"/>	create more effective relationships and coalitions

Next, imagine thinking some of these positive intentions. How might you respond out of these intentions?



A series of horizontal dotted lines for writing.