



Emotional Intelligence Skills and Strategies

Perspective Taking and Getting

- 
- Work with what you – and we - are
 - Be aware of how much space you are taking
 - Be aware of how little space you are taking
 - Grapple with differing perspectives and uncertainty
 - Permission to be unpolished
 - Lean into discomfort
 - Confidentiality



**Shared
Space & Dialogue
Intentions**



List of Feelings

FEELINGS TELL US IF OUR NEEDS ARE MET OR NOT



GLAD

Affectionate
Amazed
Amused, Calm
Comfortable
Content, Curious
Delighted
Encouraged
Energetic
Enthusiastic
Excited
Fulfilled, Grateful
Happy, Hopeful
Inspired
Intrigued, Joyful
Open, Optimistic
Peaceful, Pleased
Relaxed, Relieved
Satisfied, Tender

SAD

Depressed
Disappointed
Discouraged
Hurt
Indifferent
Lonely
Neutral
Numb
Puzzled
Reluctant
Sad
Torn
Unhappy

MAD

Annoyed
Frustrated
Furious
Grumpy
Irritated
Resentful
Stuck
Tense
Upset

BAD

Ashamed
Bored
Confused
Disgusted
Embarrassed
Envious
Exhausted
Impatient
Lethargic
Overwhelmed
Queasy
Shocked
Stressed
Surprised
Tired

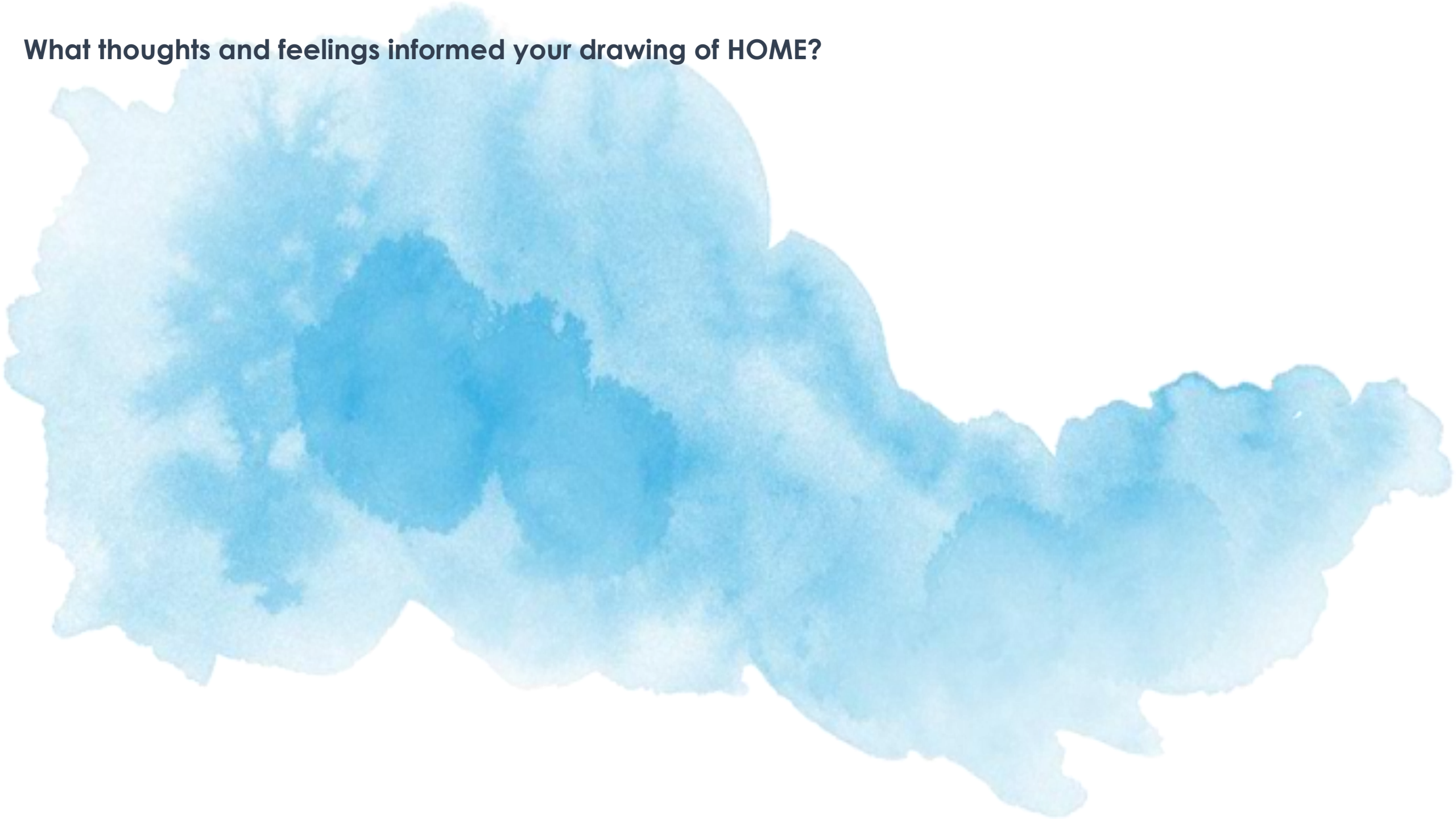
AFRAID

Anxious
Concerned
Guarded
Insecure
Scared
Shaky
Troubled
Uncomfortable
Vulnerable
Worried

Adapted from GROK
Cards from GROK, Inc.
(<http://groktheworld.com>)
More comprehensive list
from © 2005 by Center for
Nonviolent
Communication
(www.cnvc.org)

HOME

What thoughts and feelings informed your drawing of HOME?





Perspective



Source: Anima Leadership

Empathy

=

Emotional Connection

- Staying out of judgement
- Recognizing emotion in others and communicating that
- Feeling connection WITH people

Perspective

=

Cognitive Connection

- Conscious work of being open to viewpoint of other
- Intentional effort to notice difference and expand thinking
- Invitation for sharing other world views



Perspective Taking

*Being able to feel, see
and experience things
from somebody else's
point of view*

Invite Perspective Getting

Taking the time to get to know an individual as a **human being** through their story, not through intuition or inference.



Your View

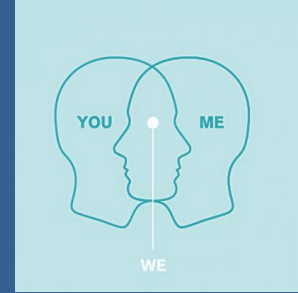


Other View

Pause

Ponder

Practice



Perspective Getting

- **Pause** – Notice and identify intentions
- **Ponder** – Deeply listen and seek to understand with curiosity
- **Practice** – Speak with humility

Climb Up Your Mountain

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What are you feeling? What thoughts are coming up?

What are your needs?

How are your values showing up?

How might identity and personal history influence your perspective ?

Momentarily Climb up Another Mountain

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How are they showing up? What are they feeling?

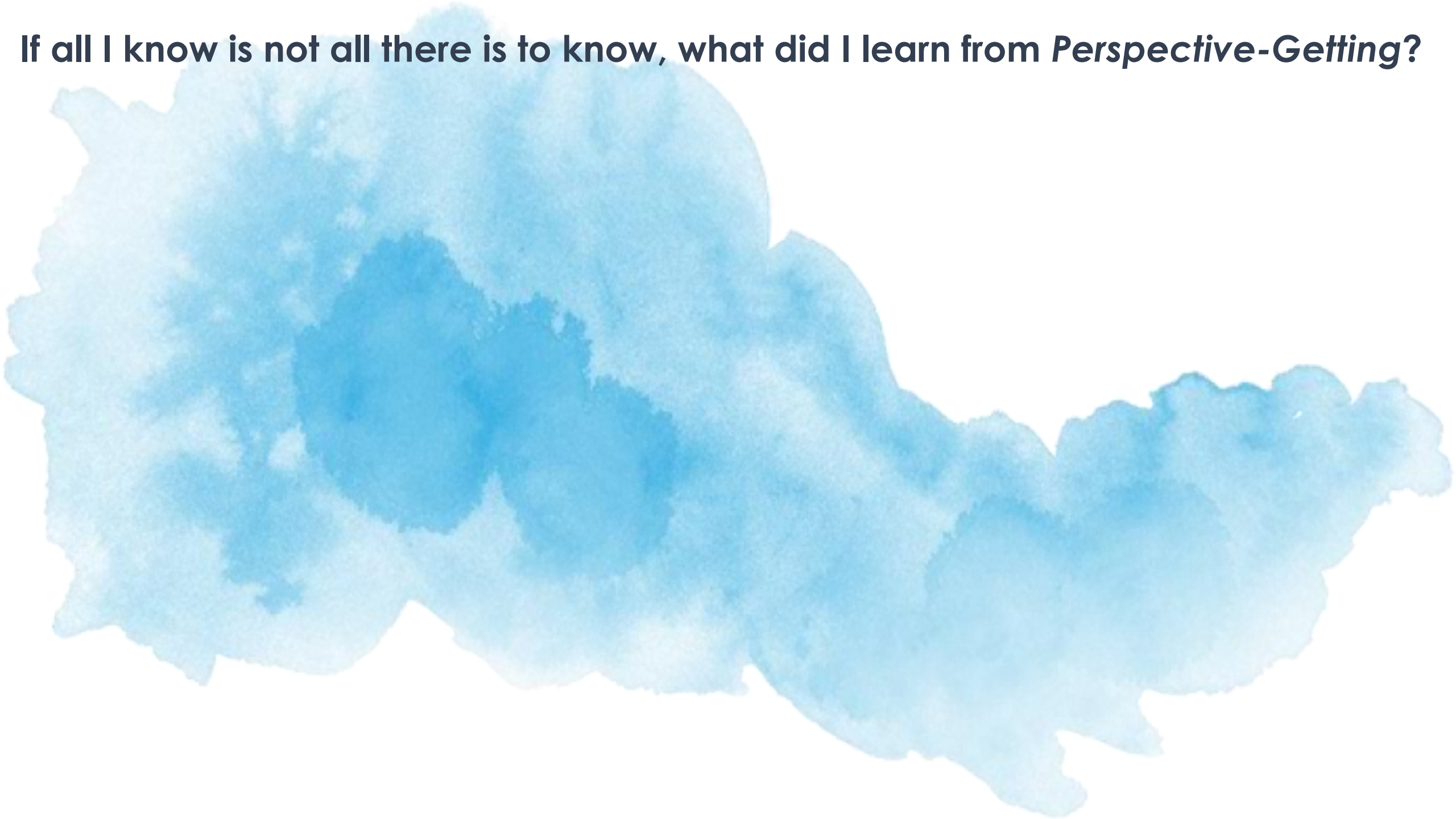
What underlying needs am I hearing?

What values am I hearing or have come to understand?

What do I understand about their identities and history?



If all I know is not all there is to know, what did I learn from *Perspective-Getting*?



Practice Perspective Getting



- Acknowledge that *all you know is not all there is to know*
- Approach with *curiosity*
- Seek to know individual as human beings, not as a spokesperson for others
- Deeply listen and *follow with questions*
- Intentionally seek out *stories* from different perspectives
- If you have heard one story, you *have heard one story*

When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet.

You simply water them and clear away the weeds; you know that the seeds will grow in time.

-Thubten Chodron

