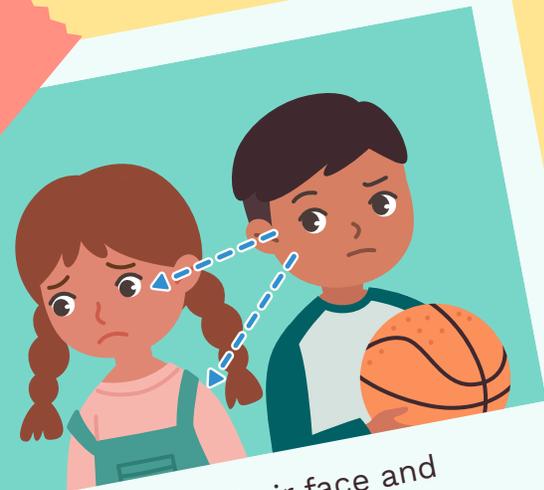


Understanding Others' Point of View

We understand another's point of view when we quickly synthesize information from multiple sources such as facial expressions, body language, previous knowledge of that person, tone of voice, and the meaning of their words. To practice seeing things from others' point of view we can:



1

Watch their face and body language.



2

Match those clues with a feeling.



3

Think about how they feel and not just about how you feel.



4

Think about what you know about the other person.