

I ACCEPT OTHERS JUST THE WAY THEY ARE

My relationships are based on respect and understanding.

I focus on the positive. I look for qualities that I value and admire. I notice if someone excels at their job or goes out of their way to be helpful. When I recognize their strengths, I feel friendlier towards them and enjoy their company.

I deepen my understanding. I avoid making assumptions about others based on limited knowledge. I remember that they are complex individuals. Even if they yelled at me in traffic, they may perform many great deeds.

I open up my mind. I become more flexible. I recognize that there are many different ways to approach the same situation.

I cultivate humility. I realize that I have flaws too. It is easier to be patient and forgiving when I recognize that I have the same needs.

I treat others with compassion. I think about how their behavior affects them instead of concentrating on myself alone. I want them to be happy.

I appreciate diversity. I imagine how boring the world would be if each of us was the same.

I pursue my own goals. When I make my life more meaningful and satisfying, I find that I am less critical of others.

Today, I am loving and kind. I let go of the desire to change others. I respect their right to be who they are. I experience fewer conflicts, and I feel more connected.

REFLECTION QUESTIONS

1

How can I focus on the positive qualities of others?

2

What steps can I take to avoid making assumptions about people?

3

How does appreciating diversity enrich my life and relationships?