

Tools to better understand each other and cultivate harmony



Day 12

## Your challenge today

Think about a disagreement with a member of your family and apply the method:  
*I am empathetic.*

Empathy is the ability to understand and respect the other person in what they're experiencing, thinking, etc.


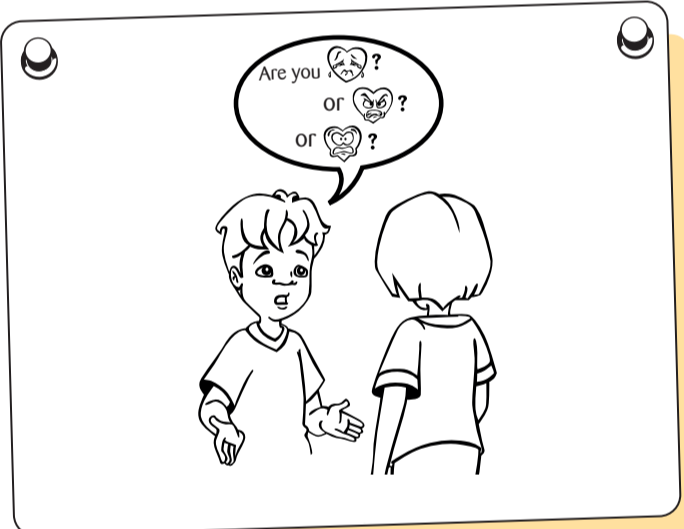

Empathy is not being in agreement. It's accepting that the other person has a different reality, which leads them to have different points of view, behaviours, etc.

# I am empathetic


**1** I identify  
the other person's feeling

**2** I validate  
my perceptions to  
understand what the other  
person is experiencing

**3** I respect  
the other person




Add colour!



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**Psst!** That would look great on the fridge. [Click here to print.](#)

**What if in the next challenge a trainer introduced you to the importance of context in an effective conflict resolution?**

### About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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