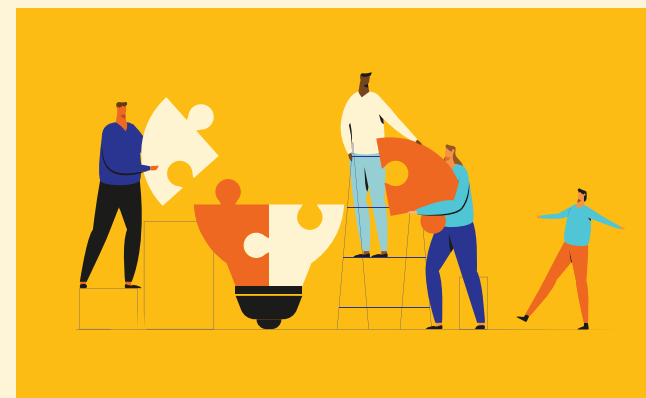


Tools to better understand each other and cultivate harmony



Day 8

## Your challenge today

Watch the video, and identify a viewpoint you have on a situation which differs from that of other members of your family.

**[Click here to see the video](#)**

*Tips and Techniques: Becoming Aware of Our Perceptions*

**What if the next challenge offered you a very simple method to communicate your perceptions and your experiences in the midst of a situation?**

### 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.

### To contact us:

2901 Gouin Est boul,  
Montréal (Québec), H2BTY3  
T. 514 598-1622  
Email: [info@institutpacifique.com](mailto:info@institutpacifique.com)  
Website: [institutpacifique.com](http://institutpacifique.com)