

| Avoiding harming others   | My insights |
|---|-------------|
| <p>Think about any recent events in your life where you found yourself inadvertently causing harm.</p>  |             |
| <p>Ask yourself if you could have reacted in a different way.</p>   |             |
| <p>Did you remember that there is a choice to make between going with our stress reaction, or applying a bigger perspective such as seeing the annoyance as simply part of the challenges of life, or giving the person the benefit of the doubt?</p> |             |
| <p>Did you ask yourself how you would feel if you were the 'other' person? As we understand the effects of suffering and pain more deeply, we want to avoid contributing to other people's pain.</p>  |             |
| <p>Were you able to trace the spiral of the stress you experienced from one situation to another?</p>   |             |