

INDIVIDUAL HANDOUT 1.3

What's My Intention?

BRING TO MIND one of the following, and share it with the group:

Something you chose **to do** or **not do** and what your intention was

Something you chose **to say** or **not say** and what your intention was

Something you are choosing **to do** or **not do** now and what your intention is

Something you are choosing **to say** or **not say** now and what your intention is

Something you are planning **to do** or **not do** and what your intention is

Something you are planning **to say** or **not say** and what your intention is

ASK YOURSELF:

1. Are there other intentions besides the one I gave? [If so, share them with your group.]
2. Given my awareness of the intention behind my words or action, would I want to change the intention? Would I want to change my words or action? [Share with the group any changes in intention, words, or action you would want to make.]

IF YOU HAVE DIFFICULTY RECALLING A SITUATION TO WORK WITH

Reflect on something you did or said, are doing or saying, plan to do or say, that involves:

- The use of force
- Offering someone “negative feedback,” “constructive criticism”
- Agreeing to do something someone asks of you
- Saying no to someone
- “Being good,” “being nice”
- Telling a joke, “being funny,” saying something humorous
- Attending this and other trainings (“programming”)