SEL ADVISORY #2

MIRRORS, WINDOWS, & TRANSFORMATIVE EMPATHY
REMINDER: SEL ADVISORIES FOCUS THIS YEAR:

Taking Care of Ourselves

Taking Care of Others
You are the average of the 5 people you spend the most time with.

— Jim Rohn
Types of Communities

The ones we find ourselves in

The ones we create for ourselves
Circles of Trust

Inner Circle

People you are close to but don’t trust with your deepest thoughts & secrets

Acquaintances

Others you may not trust.

People you trust fully & know will always be there for you.

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WHO’S IN YOUR INNER CIRCLE?
WIRED FOR CONNECTION

Wired to find comfort from connection
WIRED FOR CONNECTION

Wired to find comfort from connection

Learned to find safety through belonging & likeness
WIRED FOR CONNECTION

Wired to find comfort from connection

Learned to find safety through belonging & likeness

Best way to get back to calm & ready is our inner circle
Inner Circles Are Like Mirrors

Mirrors are important to help us understand ourselves. Mirror communities help us find safety and belonging in the spaces we live in.
Why do we need mirrors?
Mirrors

What are the drawbacks?
Mirrors don’t always help us understand people who are different from us.
With only mirrors, we never see our own biases
We may never recognize the barriers that exist for those who are unlike us
02 Windows
What Are Windows?

Windows are connections and openings we have to experiences different from our own.
Why do we need windows?
Windows help us see other points of view and ways of being
Allows us to find commonalities with people who aren’t part of our own groups.
Without windows, we never confront our biases, blindspots, and limits
We may not have an inner circle, and windows helps us feel seen.
Transformative Empathy
TRANSFORMATIVE EMPATHY

01 Deep - A feeling AND an action

02 Pushes us out of our comfy inner circle to build bridges across differences

03 Accepting - Affirms others as they are - full allowance
Let’s hear from some of our students & staff
ACTIVITY TIME
Choose an extension activity from the menu

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<td><strong>DEEP LISTENING</strong></td>
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<td>“I’m going to step back, hold space, and tune into you”</td>
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<td><strong>CANDID &amp; KIND COMMUNICATING</strong></td>
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<td>“I’m going to communicate honoring my own needs and honoring your needs as well”</td>
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<td><strong>UNDERSTANDING &amp; ALLOWANCE</strong></td>
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<td>“I’m going to push past my comfort zone and seek to understand you, though you are different”</td>
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<td><strong>ACTS OF CARE &amp; SUPPORT</strong></td>
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<td>“I’m going let your influence or change me and I’m going to make a choice to support you based on what you need”</td>
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Questions? Comments? Suggestions?

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