

Exercise: Owning our shadow

Start by bringing to mind a group or type of person you look down on (don't worry, you won't have to admit this to anyone). List below a few of their attributes or behaviors that you particularly disparage (if you need extra space, go to giftofbeingordinary.com or guilford.com/siegel4-materials). Then see if you can identify times when you've displayed those qualities yourself or otherwise behaved like them:

Quality or behavior	When I was like them

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