

Lesson 5: Intent vs Impact & Suspending Judgment

Handout: Scenario 1 and 2

Scenario 1: Jasmine and Jessica are walking down the hallway, having a conversation about their weekend plans. Not paying attention, Jasmine accidentally runs into Miguel, stepping on his foot and causing him to drop some of his things. When Miguel loudly tells Jasmine she really hurt his foot she responds by saying she didn't do it on purpose, it's not a big deal, and tells him to stop yelling at her. How could Jasmine respond to better acknowledge her intent and impact? Would it have been helpful in this scenario to suspend judgment?

Scenario 2: Destiny is playing soccer in gym class and scores a goal for her team. One of her teammates, Michael, congratulates her on the goal, and says she's a pretty good soccer player.... for a girl. Destiny knows she's a great soccer player regardless of her gender and assumes Michael was trying to hurt her feelings. She insults Michael and tells him to shut up. He tells her he was just trying to compliment her and to stop overreacting. How could Michael respond to better acknowledge his intent and his impact? Would it have been helpful in this scenario to suspend judgment?