

It Might Not Be About Me

One thing can have many reasons

WHAT HAPPENED

He walked past me and did not say hello.

It could be...

- He did not see me.
- He was in a hurry.
- He was thinking about something else.
- Something upset him earlier.
- He is having a hard day.

Only one way to know for sure:

Ask him. "Why did you — ?" — calm voice, once.

Most reasons are not about you

That is the hardest part of this skill, and the most useful.

