

DOMINICAN CENTER at MARYWOOD
SPIRITUAL DIRECTION PRACTICUM
YEAR 1, MODULE 1,
OCTOBER, SESSION 2

STEPS TOWARD BECOMING AN
INTER-CULTURALLY SENSITIVE PERSON

- 1). Admit that my way of perceiving the world is not universal.
- 2). Believe in the necessity of understanding my own culture prior to discovering the cultures of others.
- 3). Decide to embrace opportunities for encountering others who are different.
- 4). Recognize and admit that my initial reaction to cultural difference may be defensive, either by denigrating the differing culture or implying my culture is superior.
- 5). Recognize and admit that my initial reaction to cultural difference may be to deny my own culture in order to gain acceptance of differing cultures.
- 6). Discern from my investigation of my own culture the valuable cultural traits that affect my attitudes and behavior.
- 7). Let go of my prejudices as I discover them within myself and make amends to the persons and groups that I have hurt as a result of my prejudice whenever possible.
- 8). Discern from my encounters of other cultures and reflect on what makes their cultural traits valuable to them.
- 9). Continue to increase and modify my inventory of my own cultural traits by practicing steps 3-7.
- 10). Remain silent and listen when my discomfort toward other's description of cultural differences causes me to trivialize difference.
- 11). Actively seek opportunities such as reading and listening to and interacting with those with extensive cross-cultural experience to discover why/how the information I receive about other cultures will enhance my relationships with others.
- 12). Withhold judgment when I encounter what I consider *improper* verbal and non-verbal behavior and attempt to discern what is attributable to cultural traits and values.
- 13). Honestly believe that I can value differences among people and use them as opportunities to learn about self and others by practicing the above steps regularly.
- 14). Immerse myself in a different culture for an extended period of time and continue to practice the above steps.

- 15). Commit myself to understand a given situation not only from my point of view but also from the cultural worldview of the other.
- 16). Accept my cultural marginality and use it creatively to help individuals and groups to better understand each other.
- 17). Recognize that this is an ongoing process.

For each step, reflect on the following questions:

Have I taken this step?

If yes:

How did I come to take this step?

What were the key events that led me to take this step?

What was life like after I took this step?

If no:

How would I go about taking it?

What is blocking me from taking this step?

What would be helpful?

Share your stories with your group whenever it is appropriate.

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