

1: Manly Guys Doing Manly Things – It's not always about you, Jared

You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.

This post is part of a series on ArtMuseumTeaching. MCRP is a theoretical framework and ongoing practice in which educators identify, analyze, and challenge the cultural beliefs, values, and assumptions that color our interactions with artworks and learners. Leading others through MCRP while writing about the practice has challenged me to re-address my biases while reflecting on how my perspectives and values impact our teaching. I have facilitated practical applications of MCRP with many groups; however, my experience training a small group of emerging educators in a mid-sized art museum in this practice greatly impacted my engagement in the process. Developing Critical Self-Reflection in Educators Keonna Hendrick challenges learners to think critically about cultural representations in art. Photo by Jonathan Dorado, Brooklyn Museum

In the first of a two part-session focused on developing critical self-reflection in educators, I asked each educator to write a short autobiography at home, reflecting on a moment of their lives and writing freely for 30 minutes. I met with each of them individually one week later to discuss the process and to consider how their personal narratives might inform their work in museum education. Although they were not asked to share the details of their autobiographies, several chose to tell me about their personal experiences. They explored relationships, events, and expectations that informed the way they saw themselves in the past and present. I knew when I assigned the exercise it might trigger difficult memories, hard feelings, and even trauma that might be challenging for both participants and myself to work through. As I listened to their stories, I was incredibly aware of the trust they vested in me to receive their personal truths and to guide them as they considered the intersection between their personal and professional lives. They were vulnerable, honest, passionate, and confused. I found it necessary to be present and aware of my own biases and experiences, and to resist responding from the feelings they may evoke. There were some moments when values were expressed that were in direct conflict with my own, and I had to remind myself that no matter how difficult reflections can be to hear, the purpose of exploring MCRP is to identify and address our attitudes no matter how negative. It took courage for these educators to share their autobiographies "without any certainty of how I might respond" and to challenge themselves to think critically about their experiences. And it challenged me to listen without judgment and to respond with care while encouraging them to engage in deep reflection. Just as museum educators should be aware of information, teaching strategies, and audience, facilitators of MCRP should be comfortable with and actively engaged in this practice. Witnessing the courage of the participants and facilitating MCRP with many participants individuals has urged me to delve deeper in my own critical reflective practice and to ask: Why have I been afraid to acknowledge certain aspects of myself and others? Identifying these fears and their origins helps me understand why my progressing self-awareness may have been stifled at times and charges me to take responsibility for working through those fears towards an improved cultural consciousness. Creative Commons image from <http://> Even taking the first steps of facing those fears while admitting to behaviors and attitudes that negatively impact others can be incredibly difficult. When we offer MCRP as a resource to others for improved pedagogy, we become more accountable for our own failings as educators. Learning from my failures in teaching, forgiving myself for poor decisions, and continuing to engage in the work to address the limitations of my actions and knowledge are challenges I have encountered as a practitioner and facilitator of MCRP. Through journaling, reading both scholarly writings and personal narratives, and engaging in a monthly peer group, I have grown to recognize some prejudices that I had not previously explored as a result of ignorance and limited conversation. Although I am not proud of these prejudices, my ability to acknowledge and work to overcome them has enabled me to be more patient with others and myself. It has helped me engage in an ongoing practice of forgiveness for others and myself. Senior Museum Educator at the Brooklyn Museum, Hendrick oversees the month Museum Education Internship Program, a professional development opportunity for emerging museum educators working with school, youth, family, and adult audiences. She holds a B. Hendrick is an innovative museum educator and

arts administrator who develops practical applications for big picture ideas and issues. She is committed to exploring the transformative nature of art-centered experiences, promoting cultural understanding across communities, and engaging adults, children and adolescents in personally relevant experiences.

If you just shut up, it means you're still thinking about what you wanted to say. You're just not saying it. The second that I think about my response, I'm half listening to what you're saying because I'm really waiting for the opportunity to tell you my story.

If you want to ask me a question or simply want to talk: I think a lot of us get caught up in trying to tell our own stories or put in our opinion or thoughts. Often, conversations are dominated by one person who feels like they just have to chip in their opinion. A conversation should be an exchange between two people, where ideas bounce off each other and is filled with active listening. What is active listening? Eric Barker listed some ways to actively listen, and I found it to be very helpful. I decided I would try to consciously make an effort to practice some of these tactics during my next conversation. The basics of active listening are pretty straightforward: Listen to what they say. Without being awkward, repeat back the gist of what they just said, from their frame of reference. Listening is having nothing to say. Whenever I come out of these conversations, I feel like I have learned nothing. We all know life is tough, and we sometimes forget to care about other people when our own lives are chaotic. We sometimes dehumanize others for the sake of our own sanity. We are filled with emotions and we release it onto the non-suspecting and the undeserving. We develop defense mechanisms that allow us to minimize emotional turbulence as much as possible. In order to deal with the emotional struggles and pain that comes with life, we put up a shield and only look out for ourselves. I think displacement is the most interesting to look at, because many of us use this defense mechanism almost everyday. We have this emotional energy that builds inside of us, but we have nowhere to release it during the day when we have to operate in society. The energy has to go somewhere, and if you keep ignoring it, it will fill you up until you feel exhausted and cannot suppress it anymore. The tipping point is the explosion, the release of the emotional tension. Maybe the waiter got your order wrong and you decided to take your anger out on him. You decide to make a big deal and even decide not to tip the waiter. You make him the scapegoat and you displace your negative emotions onto this poor, undeserving target. Instead of expressing the frustrations, anxiety, and rage built up inside of you to the people who need to hear it, you decided to take it out on an unsuspecting person. Instead of talking to the people who really need to hear your words, you decided to hide and pretend everything was okay. You reached the breaking point because your brain could no longer suppress the emotions. You can no longer make controlled, deliberate decisions and you make emotional, rash decisions. This happens to me everyday. How are they supposed to know? This keeps happening until I can feel myself getting annoyed at everything. I have less patience. I get annoyed frequently and easily. I become mean and condescending. We let them build inside of us and affect us in our daily lives. The negative emotions are poison, and will kill us from the inside. One of the best solutions is to write down your thoughts somewhere. You can express your emotions and thoughts in private, if you feel uncomfortable sharing your emotions with others. It can only help you because it releases the strain that your brain is under from suppressing emotions all the time. Another one is to talk about your emotions. We need to practice showing our emotions and expressing our thoughts. This is the only way to effectively communicate with other humans. Be conscious of your next encounter with someone. Be conscious of your emotions and remember to stop suppressing the negative feelings, and learn to release them. I want to use them, to enjoy them, and to dominate them.

3: Its Not Always About You Quotes, Quotations & Sayings

Always. If you're wondering if you can forgive, it's because you care enough to try. You care so much about the relationship that you're pondering the option of.

Perhaps, but when you really stop to think about it, maybe not. I made a declaration to myself this year that I would try my hardest to break out of this funky feeling I have been experiencing over the last few months. The theme of my life during that time was one of overwhelming defeat. Most of which I brought on myself through negative thinking and over extending in order to please others. Something that sounds like a good quality to have, but it can back fire very quickly! It got to the point where I put my own needs aside to focus on the needs of others so much that I began to fall back into old patterns of self defeating behavior that inevitably led to a spout of depression deeper than anything I have felt in close to 10 years. And the worst thing about it, was that there was no one to blame. No love gone wrong, no friendship lost or the passing of a loved one. Sure, it felt like a part of me died inside and maybe it did, but if so, it was all my own doing and may have been the best thing for me. When I get into slumps like these, there will be a day or in many cases several days, where I crawl inside myself, shut out the rest of the world and swim in the abyss of thoughts swirling around in my head. I completely detach from everything and everyone. It sounds a bit unhealthy, but I have found it to be the only path to overcoming it. The more I talk about what is bothering me, the more it seems to bother me. And the more it bothers me, the more I shut down. Until a day comes when I literally feel nothing at all. And I mean that in all of its intensity. It is as if I am in the audience of my own life. I become resigned to the idea that all of this is meaningless. There is so much beauty in the world, but yet so much pain and tragedy that reaching for appreciation becomes a mournful task. We tell ourselves that these struggles, these constant battles with life to keep moving forward will all mean something in the end, but we will never know until we reach that end. Dark, I know, but that is where I go and where I stay until something switches inside of me for reasons I will never know. It is usually a process, like the shedding of ones skin or emerging from a cocoon. Suddenly, I shine a little brighter. And inspiration to creatively express myself returns. Which is when I compose some of my best posts. All the time spent inside my mind, pours onto the page with little to no effort from me. I will be working on a project or driving somewhere and an idea will come out of nowhere! And for me, a poem is just a passing emotion. The words just flow to me and I capture them. Although there is a caveat to this resulting overflow of inspiration. At a certain point you begin to feel as though you lose the ability to freely express yourself, because people tend to read into things way too much and that can pose a whole new set of issues. It can be very hindering to your writing when every time you sit down to write a post, you worry about how it will be received by those who are closest to you. There is no free expression there. And why do I worry about this so much? Because I am very good at over thinking things! And I know I am not the only one with this problem or numerous others we may have in common. Which is the whole reason I share my thoughts. It can be extremely challenging not to take things personally and the more you care about someone, the more personal their behavior becomes. However, in all reality it may have absolutely nothing to do with you. And although it is important to express to them how you are feeling, it is also important to keep in mind how they may be feeling. It will help you with the difficult task of expressing how you feel, while being supportive and non-defensive. An art I have not yet mastered, but I do my best and it is never via my blog. Hardly anything I write is directed towards someone or meant to rely some hidden message to those that have wronged me. And I can assure you of that! If you are close to me that means I value and respect you. It should be pretty well known that when I have something to get off my chest, there is not much that will stop me from spewing it out whether you like it or not! It may take me a moment to compose my thoughts, but once they are composed, they must be released. Anyone of us could be taken from this world at any given time, so why wait? How many people in your life have passed before you were able to tell them how much they meant to you? For me there are just a few and I think about them all the time. There will always be just a few.

4: Its not always about you - Poem by elijah prophet

*It's Not Always about You: Facilitating Critical Self-Reflection in Others August 11, Mike Murawski 5 Comments Editor's Note: This post is part of a series on www.enganchecubano.com during August that focuses on the recent book *Multiculturalism in Art Museums Today* ().*

Jill February 28, , 2: Coelasquid February 28, , ShepShep February 28, , 1: I know I was. Swagner March 5, , 3: PWNsteak March 5, , 8: Foxhack February 28, , 6: Walker February 28, , I just put the blame where I feel it belongs â€” society, culture, and the spirit of the times. A child raised in one culture behaves and thinks differently than a child raised in another culture. Reprimand March 2, , 1: All teens are a bit angsty. I mean go volunteer at a middle school and watch how many of them will do just about anything to spite you. Mindovg February 28, , DanielLC February 28, , 7: Nioh Zihira February 28, , 5: EmFinn February 28, , 6: Nowadays I just depend on the music on my mp3 player to generate the notoriety for me. Guybrush20X6 February 28, , 7: The BlackBear February 28, , 8: Perhaps he cannot utter a falsehood about it. Aj February 28, , 9: RogeSoja February 28, , Very few men can resist becoming aroused when an attractive female enters the room with tight bottoms on. MacrOp0d February 28, , 1: February 28, , 3: February 28, , 8: What do you think, Briscoe? Has he always needed a haircut? Grymm Grymmowski February 28, , 9: In drawn form or otherwise! Drenix February 28, , 9: Kamino Neko March 7, , 5: Andy February 28, , Maybe I should just start wearing a bowtie. Sam February 28, , LonePaladin February 28, , Shade March 2, , Aj February 28, , This is the second time this has happened, am I getting caught in a spam trap? Anyway, I just wanted remark that Jared in panel 3 looks very Evil Bert. For the uninitiated, Google will lead you to Evil Bert.

5: Dealing with Difficult People, It's Not All About You | Colleen Kettenhofen Motivational Speaker

Its not always about you Its never cease to amaze me how people are so caught up in themselves and never once consider that its not always about them. There are so many other matters at hand to be considered, but to them it really doesn't exist.

May 1, , 5: D Unruly May 1, , 6: In the process of the surgery, the nerve got damaged, and I lost all use of my right hand for 2 months, with very limited use for another 4. About a week into it I heard him shouting about how hard it was to put socks on one handed. I laughed at him, and he got mad at me until he remembered my arm a few seconds later. So this one kind of resonates with me. Malicious Hero May 1, , 7: This made me laugh harder than anything else in the past month. May 1, , 1: I manage to smile every week at the worst, and frequently laugh to myself. Kim Kimera Kimes May 1, , 7: Kris May 1, , 8: Apparently he was a pretty huge jerk before he met Zenyatta. Snickers May 1, , Mars May 1, , 9: Here, not so much. Cowboy man loses left arm. Cyborg man taunts him because cyborg man has obviously lost more. Fish May 1, , 8: Especially that very last one. LaughingTarget May 1, , 9: Ehnawneemuss May 1, , 5: TFC May 1, , 6: I had no idea it was that common! ProjectXa3 May 2, , 3: TFC May 3, , LOL yes i know. May 2, , 4: RandomInternetGuy May 5, , 1: TFC May 10, , 1: James May 1, , 9: Icarus May 1, , SKy May 1, , 1: Tonky Tonk Badonkadonk May 1, , Michael May 1, , D ElleWolf May 1, , At least some of them. Especially McCree the cowboy.

6: Manly Guys Doing Manly Things » It's not always about you, Genji

In the blink of an eye, our umbrella decided to have its own fun and unleashed itself from its sandy hold. The beach was not overly crowded so the closest people to us were about 15 feet away.

Amazon 1 Bestselling Author. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. We were enjoying a gorgeous, New England day at the beach recently when the wind suddenly picked up. In the blink of an eye, our umbrella decided to have its own fun and unleashed itself from its sandy hold. The beach was not overly crowded so the closest people to us were about 15 feet away. There were about eight or so in our group and while two of us jumped up and ran for the errant umbrella, the rest of us unleashed a deafening chorus of, "Watch out! Instead of reaching out to stop it or, perhaps, getting out of its way, she stood frozen -- hands on hips -- glaring angrily at our group as if to say, "How could you have let this happen, you idiots? Her skewed reaction reminded me that the way we choose to respond to things makes all the difference in the creation and sustainability of our own peace and well-being. Instead of grasping the potential danger or figuring out how to protect herself, this woman chose to be enraged. At her own peril, I might add. Perhaps this woman -- like many of us -- needs a reminder that sometimes life throws us lemons. And we can choose to be sour about it or we can squeeze them, add some sugar and enjoy. It may be unfair to extrapolate based on this one, small incident, but something tells me this is how this unhappy beachgoer moves through life. But people do dumb things. We hurt each other knowingly and unknowingly. Beach umbrellas sometimes have minds of their own. Here are 5 ways you absolutely have control over your reaction to the lemons. This is important because knowing you have choices can help you live healthier and breathe easier. We humans are pretty much imperfect and the more we entangle ourselves with one another, the higher the likelihood we will be wounded by another imperfect human. When you can, take each slight on its merit. Sure, there are some things you might not choose to forgive, but many things are forgivable. It just means what they did was awful. Separate a hurtful word or deed from the entirety of the person and you will find more peace in relationships than you ever dreamed possible. The woman on the beach took the flying umbrella as a personal affront. It had nothing to do with her. The wind velocity and direction, the consistency of the sand, our perhaps less-than-perfect implantation of the umbrella -- all of these factors contributed to the outcome. We make many of our decisions based on our own needs and desires. Wondering if you can or want to forgive someone is, in its own way, a serendipitous opportunity. Forgive when you can. I have two close friends who died way too early, leaving loved ones devastated and bereft.

7: It's not always about you. " Joanne Mackie, LMHC

Not surprisingly, they are in their late 50s or early 60s, reflecting the fact that this generation married in their early 20s. Moreover, improvements in health and longevity mean that they still have plenty of life left to live.

8: It's not always about you. | Warren Kinsella

It's not always about you, Genji. Coelasquid May 1, am. I feel like this is the first actually funny MGDMT premise I've come up with in months.

9: It's Not Always About You (and 4 Other Revelations For A Happier Life) | HuffPost Life

This book not only did strike home but was very clear in its writing which made it easy to absorb the, sometimes, tough messages inside. While reading it I cried and cried at times with a new understanding of the situation growing with such a parent.

Girls from the Hood Resource tax policy in countries of the Asia Pacific region Corporate attorneys practice guide Tools and tips for detoxing Fly-tying tips reference guide In other fields, though. I am fairly well educated, White Knights Authors Washington manual of medical therapeutics 35th edition 2016 Encyclopedia of municipal bonds Love, loans and the money crunch Disc 1. The movie V. 1. History 1755-1910. Chartreuse of Padula About three bricks shy and the load filled up Prayers for Mealtime (Hand Prayer Books) The 2000 Charlton Coin Guide (39th Edition) How do speech acts express psychological states? Mitchell Green Frankenbug.its Alive! The twentieth century: new enemies, old nemeses Bon voyage! Level 1B, Student Edition Evaluation of music faculty in higher education Educational psychology 11th edition slavin Elements of disaster psychology Game Programming with Python, Lua, and Ruby (Game Development) 8 Troy: The Circle-girt City 181 The evolution of leisure Facilities Managers 2001 Costbook Your guide to playing and writing popular music Cartier Jewelers Extraordinary Diagnostic modalities in Crohns disease Englands darling Fundamentals of anatomy and physiology tenth edition Edison As I Know Him Constantinople and the outside world Bioanalytical chemistry for life and health sciences SI physical units (inside back cover) Asking for it Introduction to British government publications Proportionality in the morality of war. Us geography history and culture