

## Ten Ways to Live Restoratively

1. Take relationships seriously, envisioning yourself in an interconnected web of people, institutions, and the environment.
2. Try to be aware of the impact—potential as well as actual—of your actions on others and the environment.
3. When your actions negatively impact others, take responsibility by acknowledging and seeking to repair the harm—even when you could probably get away with avoiding or denying it.
4. Treat everyone respectfully, even those you don't expect to encounter again, even those you feel don't deserve it, even those who have harmed or offended you or others.
5. Involve those affected by a decision, as much as possible, in the decision-making process. A similar principle is, avoid paternalism: doing for others what they can do for themselves. It disempowers them.
6. View the conflicts in your life as opportunities. Not opportunities to show others how wrong they are, but opportunities to learn and grow and expand your understanding. Learn to live by the phrase, "I'm here to get it right, not be right."
7. Listen, deeply and compassionately, to others, seeking to understand even if you don't agree with them. Think about who you want to be in the latter situation rather than just being right.
8. Engage in dialogue with others, even when what is being said is difficult, remaining open to learning from them and the encounter.
9. Be cautious about imposing your views on other people and situations. Let your sentences end more often with question marks than exclamation points. Be curious.
10. Sensitively confront everyday injustices like sexism, racism, classism and other systemic "—isms."

From Howard Zehr, *The Little Book of Restorative Justice*