

# HUMAN GLOBAL

## Reflection Worksheet Seeing One Another as HUMAN

This worksheet is designed for quiet reflection and respectful discussion. There are no right or wrong answers. Take your time.

### Part 1: Beginning With Self

1. When do you feel most seen or understood as a person?
2. What environments or situations help you feel safe enough to be yourself?
3. What values or experiences have most shaped who you are today?

### Part 2: Shared Human Experience

4. Think about a time when you felt fear, loss, or uncertainty. What helped you move through it?
5. Which human needs feel most important to you right now? (Safety, Belonging, Family, Purpose, Stability, Hope)

### Part 3: Seeing Others More Fully

6. When you encounter someone very different from yourself, what assumptions do you notice yourself making?
7. What shared human experiences might that person have, regardless of differences?
8. How might recognizing shared vulnerability change the way people relate to one another?

## Part 4: Reflection Without Agreement

9. What does it mean to you to listen without needing to agree?

10. How can recognizing someone's humanity coexist with holding different beliefs or perspectives?

*Understanding does not require agreement. Dignity does not require sameness. Humanity does not require permission.*

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