

- 3) Explore the attitudes that create these behaviors.
  - b. Become open to feedback.
    - 1) Talk to others about your recognized inferior socialized behavior. Another person or other people can help us with our changed behavior. Others can help us gain new information and hold us to our insights and our commitments.
    - 2) Use feedback to put things into perspective.
  - c. Make a commitment to change and make a commitment to a process of change.
    - 1) Accept new information.
    - 2) Listen empathetically to others.
  - d. Explore different perspectives, other than your own.
    - 1) Get information to disprove irrational thoughts, dysfunctional (inferior) behavior.
    - 2) Take the time to examine and challenge the thoughts that limit or devalue other people.
    - 3) If you have a problem with someone, see if you can discover why it is a problem for you.
    - 4) Involve yourself in new situations.
    - 5) Learn how to advocate something that is not comfortable to your value system.
  - e. Increase your exposure to or contact with those who belong to the group(s) toward which you have learned inappropriate social behavior, such as racism, sexism and other discriminatory practices.
  - f. Develop your communication skills (Listening & Feedback).
    - 1) Listen with intent to understand the point of view of others.
    - 2) Offer constructive and positive feedback.
4. Setting Goals for Change
- a. **As an EOA, you will encounter** situations resulting from conflicts in attitudes and values. By understanding how the socialization process impacts one's values and attitudes, you will have insight as to how these situations occur and how to reach a fair and equitable solution.