

# *Police and Sheriff Peer Support Team Training*

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## Current Issues in Peer Support

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### **Other People Are Not You**

Who would disagree? Other people are not you. But knowing this and understanding it is very different. These conceptualizations can have major life impact.

#### **Surface lesson – Deep lesson**

Surface lesson: casual knowledge. Deep lesson: mindful knowledge – knowledge that is applied in one's life and makes a difference in intrapersonal and interpersonal transactions.

*Other people are not you* has implications for *Life by Design* and *Life by Default*.

At times, others will wait when you would act. They will act when you would wait. They might remain in circumstances that you would abandon, and abandon circumstances in which you would remain. This is because, due to many factors, there is a wide range of variability among individuals.

There are five primary factors that make it possible for you to “know” what other persons should do in circumstances that create indecision for them:

- 1) Different personal histories
- 2) Differences in actual or perceived abilities
- 3) Personal value and belief system differences
- 4) You do not have the emotional investment or attachments that exist for them
- 5) You will not experience the real-life consequences that they will experience upon making a decision

Therefore, the personal process of making any significant life decision is fundamentally different for the involved person than it is for any outside observer. Personal evaluation: Other people are not you is often a factor in your evaluation of other's behavior as it relates to you, “I would not have done that”, “I would have not done that to you” and differences in what you and others may value.