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Peer Group Chat Summary

Date: 11.01.2024

Topic: Generous Interpretations

Description: Most often thought of as being giving and kind, generosity can also be extending the most generous interpretation to what others, say, do and mean. Join us to explore what generous interpretations may look like and how we can be generous with our interpretations.

Summary of discussion:

- What generous interpretations are
 - Generous interpretation can be giving someone the 'benefit of the doubt' and choosing to be as generous as we can be if someone isn't the nicest to us
 - Generous interpretation is trying to put a positive frame on the actions or words of others, without necessarily understanding the other persons context.
 - Being patient with others, giving the benefit of the doubt, not jumping to conclusions, and extending kindness might be ideas of extending generous interpretations.
- What the benefits might be of generous interpretations and the impact on our relationships with others
 - It may reduce our stress, and reduce the pressure on others, less risk to damaging relationships due to misunderstandings, better physical and mental health, being able to connect with others.
- How we can cultivate generous interpretations more in our lives
 - Taking good care of ourselves, so that we have the resilience to be patient and create moments for ourselves to process other peoples behaviour in a way that is giving them the benefit of the doubt.
 - Practising as often as we can, being grateful for the things that we have etc.
 - Becoming more understanding of others that they are trying their best, don't judge others too quickly.

Discussion questions

Q1: What does generosity mean to you?

Q2: What is your idea of a generous interpretation?

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Q3: What might it look like to extend a generous interpretation?

Q4: How can we be generous with our interpretations?

Q5: What might the benefits of generous interpretations be?

Q6: If we were to extend generous interpretations, what might the impact be on our relationships with others?

Q7: How can we cultivate extending generous interpretations more?

Resources

These are the resources that were shared during the session:

1 The Illusion of Rudeness TED Talk: <https://www.youtube.com/watch?v=9hwlfxBBZ4E>

2 The Gift of a Generous Interpretation: <https://www.houston-therapy.com/post/the-gift-of-a-generous-interpretation#:~:text=A%20generous%20interpretation%20means%20to,actions%20may%20cause%20you%20pain.>

3 Brene Brown Podcast: <https://brenebrown.com/podcast/living-big-part-2-of-2/>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Generous-Interpretations-Thursday-11th-January/m-p/1381890#M27735>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.