

1. INTRODUCTION TO MBT

Consideration is the act of being thoughtful, and taking into account the feelings, needs, and well-being of others. It involves:

1. Being mindful of where people are coming from.
 2. Being able to measure the pressure and expectations we put on them depending on the circumstances at the time.
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Respect can be defined as a positive regard and appreciation for the inherent worth and dignity of individuals or groups. It involves:

1. Treating others with empathy and understanding.
2. Acknowledging that our words and behaviours may have more of a negative impact than a positive one.
3. Recognising the negative impact.

Questions:

- a. Do you agree with the above statements?
- b. How often do you get into trouble because of inconsiderate or disrespectful behaviours **IN PUBLIC**?
- c. Which mental strategy do you use to prevent getting into trouble more often?
- d. Do you believe others should be considerate and respectful with you just as much?
- e. Are you the same considerate and respectful person **WITHIN YOURSELF**?
- f. If the standard of behaviour is different, what is the reasoning behind the difference?
- g. Have you ever had a single standard?
- h. How do you behave two different ways?
- i. What do you think would be the problem if you had a single standard? Explain both scenarios: