

3. BEHAVIOURS CHECKLIST

COMFORTABLE

- Patience
- Encouraging
- Soft/slow speech
- Empathy
- Reassuring
- Respectful
- Considerate
- Flexible
- Positivity
- Open-mindedness
- Humility
- Validating
- Generosity
- Good sense of humour

UNCOMFORTABLE

- Impatience
- Micromanaging
- Loud/fast speech
- Constantly alarmed
- Irritable
- Inflexible
- Complaining
- Harsh
- Neglectful
- Invalidating
- Insulting
- Guilt tripping
- Blaming
- Shaming

QUESTIONS:

- a) When you interact with other people, which is the comfortable/uncomfortable ratio that represents your external behaviour?
- b) How do you achieve that ratio? Which skills and techniques?
- c) When you think or problem-solve, which is the comfortable/uncomfortable ratio that represents your internal behaviour?
- d) If different, what is the logic behind the difference?
- e) How do you prevent that difference from getting bigger?
- f) What do you think would be the pros and cons in adopting the public ratio as the only one?