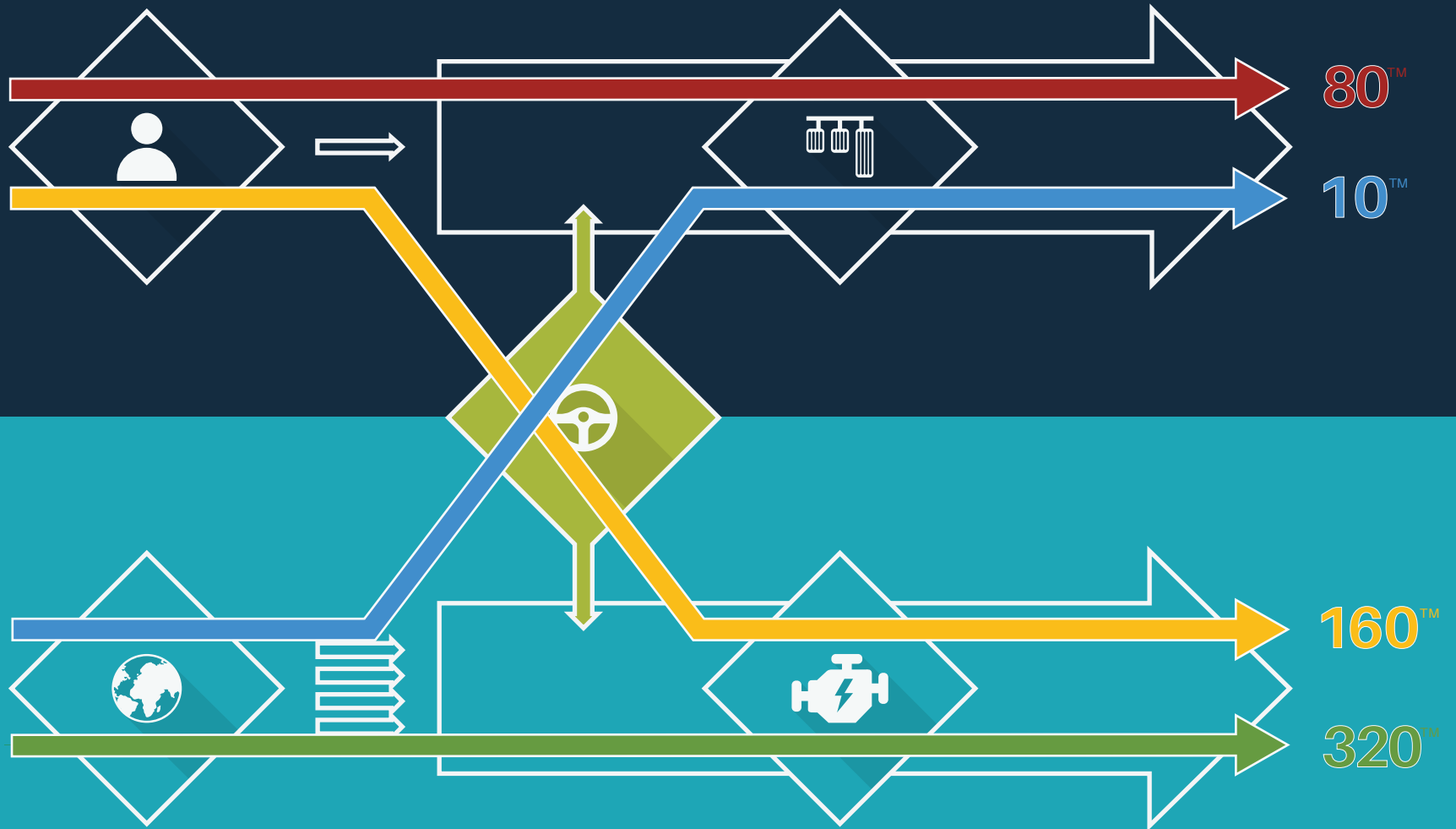
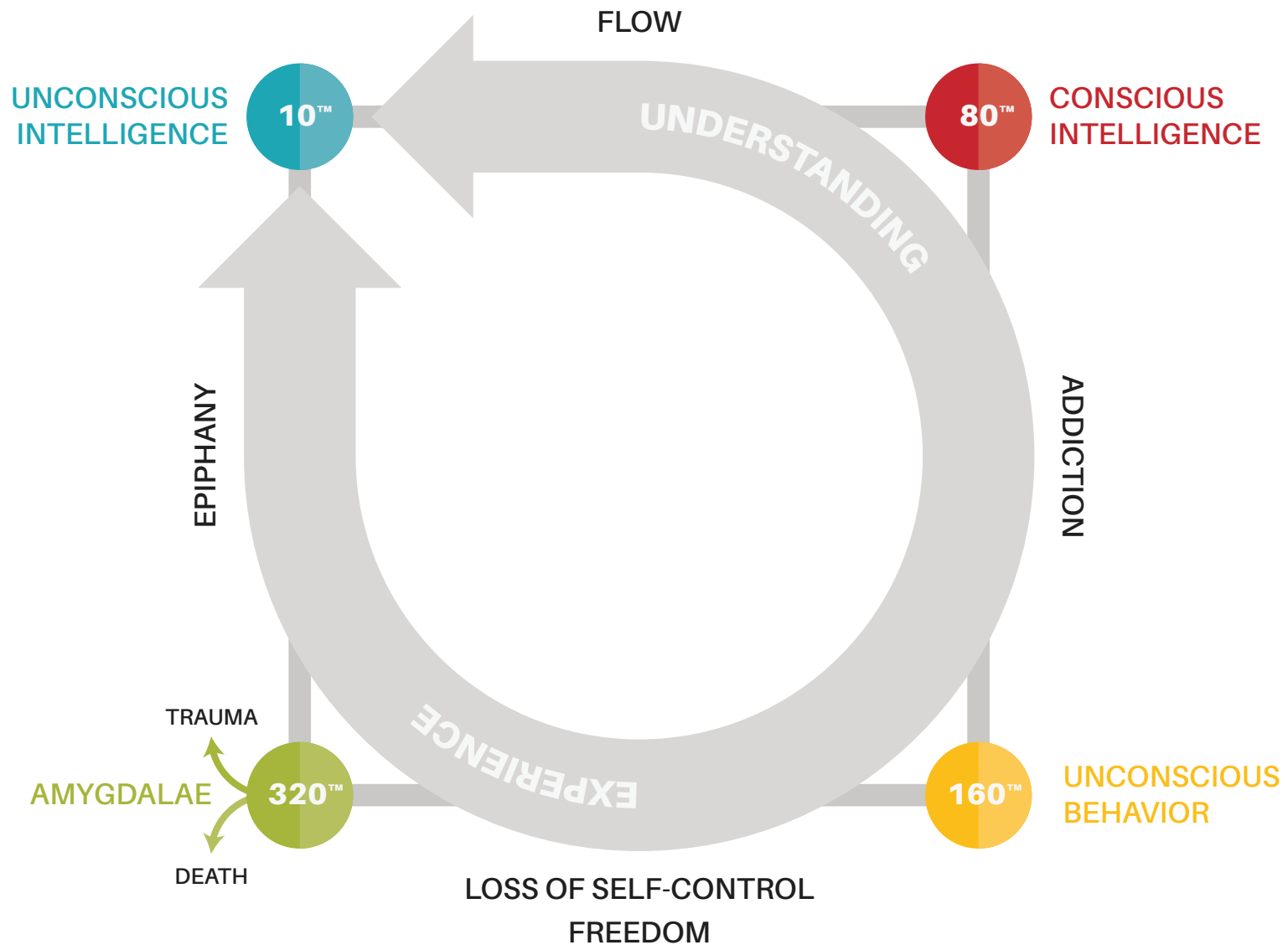


DRIVER AND CAR™ | ANALOGY



RESILIENCY | **FLOW**



COLLABORATIVE | COMMUNICATIONS

To grow and help others grow, effective communication is critical.

What we say, **why** we say it and **how** we say it is essential to effective communication.

Healthy communication follows these three guidelines:

- * Make statements on yourself. (Sharing)
- * Ask questions of others. (Learning)
- * Answer others' questions of you. (Sharing)

Unhealthy communication is the opposite:

- * Make statements on others. (Accuse)
- * Don't ask questions of others. (Pride)
- * Don't answer the questions of others. (Isolate)

Every conversation begins with someone talking first.

We call this the "cause" of the conversation.

There are four types of causes you can give another and we have ordered them according to the amount of increasing control being exerted upon the other person:

Good: Open ended question or statement of fact.

"How was your day?" and "My team lost."

Not Bad: Close ended question or statement of your opinion.

"Did you have a good day?" and "My team should have won."

Bad: Projection (telling someone what they think or feel) or judgment.

"You didn't have a good day." and "You're stupid for not liking my team."

Worst: Negate another.

"What is your favorite color?" (They answer "blue".)

You state: "No it's not, it's pink!"

The Good and Not Bad causes give up control.

The Bad and Worst causes take control and qualify as abuse.

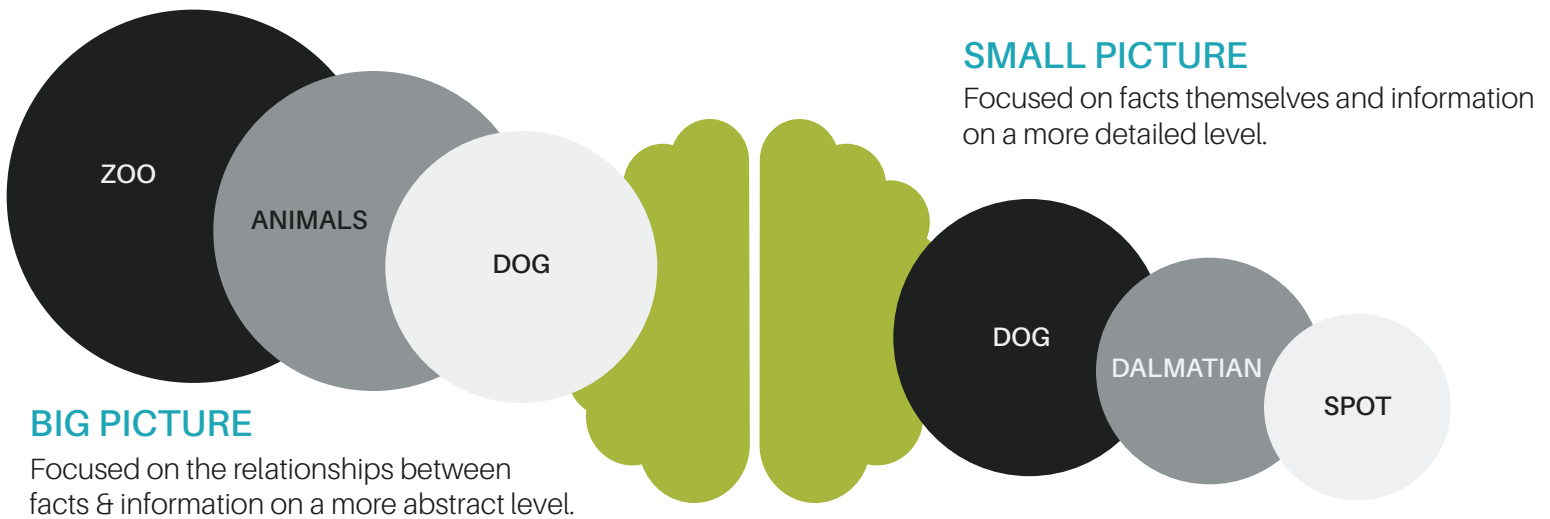
80™ Human Thought Process: Guidelines, Good and Not Bad

160™ Animal Thought Process: Opposite, Good and Not Bad

320™ Destructive Thought Process: Bad and Worst

PICTURE | PERSPECTIVE

Which half of the brain does the Mind enter?



INTERACTING WITH THE OPPOSITE PICTURE PERSPECTIVE

SMALL TO BIG:

After a Big Picture person is finished sharing, talk in detail about one specific part.

BIG TO SMALL:

Listen to the Small Picture person while seeing how what they are sharing is connected to the Big Picture.

PROCESSING | PERSPECTIVE

How does the Mind reach a conclusion?

