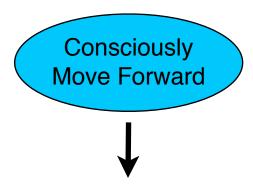
Break the "Fighter" Cycle



1. Name it & Tame it

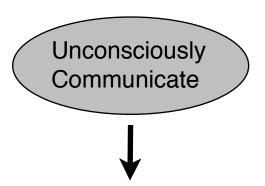
Share the emotion you're feeling.
Pause.

2. Stop & Listen

 Stop justifying and defending to hear what's really being said.

3. Feel Compassion

 Imagine what he or she thinks, feels and empathize.



1. Forget it & Fuel it

 Take action based on the emotion that's feeding unfairness or anger.

2. Justify Argument

 Keep saying all the reasons you're right and someone else is wrong.

3. Create Conflict

Vent, gossip, or secretly hoard resentment.



