

Break the “Fighter” Cycle

Consciously
Move Forward



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.

Unconsciously
Communicate



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.