

Resistant Behavior

- Shutting down
- Blaming
- Frustrated and irritated
- Seeing People as Problems
- Lashing out in anger
- Not communicating

Responsive Behavior

- Calm & peaceful
- Authentic
- Open and transparent
- Co-creative
- Seeing people as people on your same level
- Being curious

- 1. Become aware of how you are behaving.**
- 2. Where do you feel resistance in your body?**
- 3. What thoughts are you thinking when you are in this behavior?**
- 4. How would you like to behave?**
- 5. What strategies do you need to act on in order to demonstrate responsive behavior?**
- 6. How will you take action on those strategies?**

When you can bring the awareness to where you are avoiding putting attention on the behaviors that make you uncomfortable you give yourself permission to empower yourself, strengthen your courage and be true to your integrity.