

Respect each other by staying in EqualIse



withdrawing

fearful

lacking courage

low confidence

timid

resilience habit : mutual respect

enabling
empowering
trusting
valuing
respecting



PUSHY

RUDE

BLAMING

SELFISH

BOSSY

EqualISE

When we see  to  in our differences, it means:

I value myself and I value you.

I feel equal to you.

I respect our differences even when we disagree.

We both count.

EqualIse Questions

In that situation - which    were you?

How did feel as a result?

What could you have said or done instead to be more in EqualIse?

What could s/he have said or done instead to be more in EqualIse?

What could you do differently another time?