
Equal I I se

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.

Display this sheet to navigate your conversations and encourage people to remain in, or return to seeing



withdrawing

self-doubting

passive

hesitating

avoiding



enabling
empowering
trusting
valuing
respecting



self-righteous

judgemental

disrespectful

criticising

controlling

Individuals require respect to flourish

We don't always see **i** to **I** in our differences, instead our attitude can be...

In our differences

I believe I'm right and you're wrong
I feel more important than you
I have less respect for you than me
I think I'm better than you
Your views count less than mine

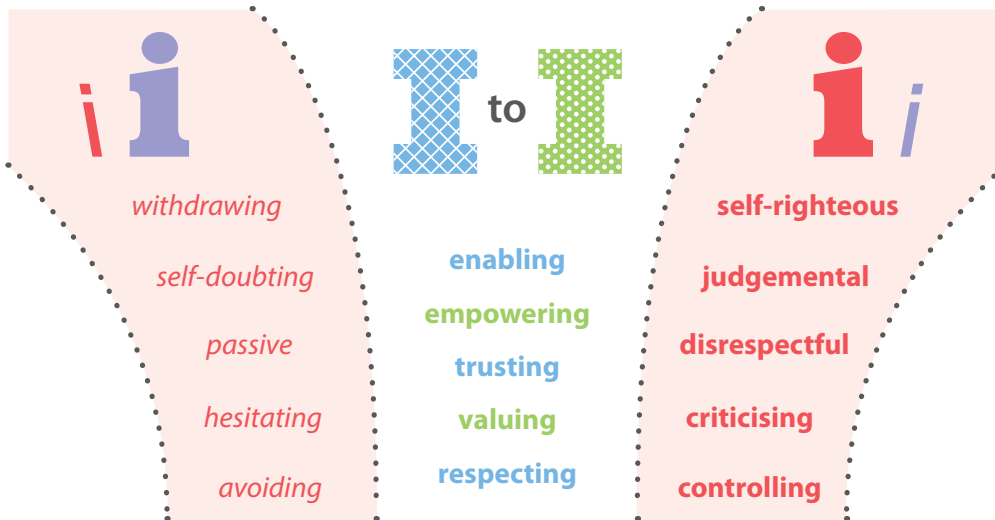


In our differences

I believe you're right and I'm wrong
I feel less important than you
I have more respect for you than me
I don't feel good enough / as good as you
Your views count more than me

Attitudes under pressure

In different situations, and under enough pressure, your attitude tips towards little *i* or big **i**.



Think of situations where your attitude (and other people's) has tipped under pressure.

What could you / they have done differently to see

