

Equal**I**Ise

When we see **I** to **I** 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.

Under pressure, it's easy to move from equal**I**Ise to Big **i** or little **i** behaviour. Choose one thing you can practise to make sure you stay in the equal**I**Ise zone.

Display this sheet to navigate your conversations



withdrawing

self-doubting

passive

hesitating

avoiding



enabling

empowering

trusting

valuing

respecting



self-righteous

judgemental

disrespectful

criticising

controlling

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Insights from today's resilience habit

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Intention for tomorrow

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