

What do you think this picture means in relation to someone’s behaviour?

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How does it relate to your behaviour?

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Do you accept that your behaviour can be inappropriate at times?

**Yes or No**

Who is the only person who can control you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you agree (Yes) or disagree (No) with the following statements?

**Statement 1.** No-one can help you unless you want to help yourself?

**Yes or No**

**Statement 2**. No-one can help you unless you own your behaviour.

**Yes or No**

**Statement 3**. Poor behaviour does not mean that you are a bad person.

**Yes or No**

**Statement 4.** Everyone makes mistakes, but it is wise to know when we have made a mistake, apologise, learn from the experience and move on.

**Yes or No**

**How to Avoid a Power Struggle**

1. Take time out. Walk away or step aside if you need to.
2. You have choices, making the right choices often helps even if it is something you don’t feel like doing.
3. Win-Win, compromise.
4. Look on the bright side of life.
5. Debrief and mediate. Talk about it once everyone is calm.
6. Forgive and forget. Move on from a conflict. Let it go.

